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Feature 11

# SPOKE

A learning newsroom for journalism students

**Fall fun at Strom's farm**

Pick your perfect pumpkin, run through the corn maze and get set for Halloween.

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**Survivor Conestoga**

The college's international students have fun learning about Canadian culture.

News 6

Monday, October 17, 2005

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 20



(Photo by Eric Murphy)

## Dog days of Oktoberfest

Conestoga business administration marketing alumni, Ed Lindsay, enjoys the afternoon with his two-year-old Bernese mountain dog, Caesar, Oct. 8 at Dogtoberfest, a charity event held by the Kitchener-Waterloo Humane Society.

## Forged passes cause parking shortage

By JESSICA BLUMENTHAL

A lot of students at Conestoga complain about the parking system, and not being able to get a parking spot after paying \$275 for it. But who is to blame?

Could it be the college's administrators? Or the architects who designed the campus? Wait, maybe the school's security team? The most likely answer is those students who are forging parking passes.

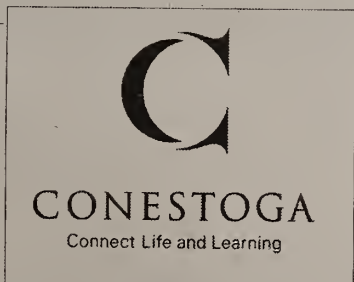
It has been a major issue for a few years and those guilty students are committing a serious offence against the college and their fellow classmates, said John Tribe, who is a security representative for the college.

"For example, if you paid \$275 to park in the blue lot and could not find a spot and a student who forged their blue lot parking permit is (parking in the lot), in essence, that student has stolen your right to park there," Tribe said.

The students don't find out how severe their actions are until they get caught for forgery, which is a Criminal Code offence and could be tried in court for theft.

Security usually won't notify the police, however, they will notify the registrar's office and they will take action, Tribe said.

The registrar's office fines the students based on the behavioural contract outlined in the student



code of conduct policy which states when they register they become a member of the college's community and when that student enrolls they must agree and comply with the rules and regulations laid out in the policy.

"The worst part isn't getting caught or fined, it's that the offence would go on your student record which employers have access to and that is hazardous to getting a job after graduation," he said.

Tribe said "typically students go to college because they care about their future and when an action like forgery of any sort is done, it negatively affects their future objectives."

The advice Tribe offered to students is that they maintain their integrity and self-respect by paying for parking, and don't forge passes.

The college's security has advanced techniques, which they won't reveal, in order to identify fraudulent permits. On average, 50 to 75 people are caught each year.

## CSI assists United Way

By PAIGE HILTON

Conestoga's United Way campaign is undergoing changes this year to boost students' involvement and awareness of the two-week charity drive.

Most notably, Conestoga Students Inc. (CSI) is in the midst of planning activities around campus to get students involved in raising money during the campaign, which officially runs from Oct. 24 until Nov. 4. In previous years CSI was not directly

involved in the campaign.

The college supports four regions helped by the United Way: Cambridge-North Dumfries, Waterloo Region, Guelph-Wellington and Perth-Huron.

The United Way helps communities by improving citizens' quality of life. The charity's help reaches local non-profit organizations, schools and social services like the Ontario March of Dimes, the Food Bank of Waterloo Region and Anselma House, a women's crisis shelter, just to name a few.

Darcelle Watts, the college's United Way chairperson, said the traditional pledge sheets, early bird draw and raffles work well for staff and faculty, but the college realized more would have to be done to get students heavily involved in the campaign.

"With anything that runs year after year, it tends to become routine and it gets to the back of people's minds. Especially if you're in an age group where you're not using the social services," Watts said.

Continued on Page 2

## College's Waterloo campus is moving

By DARRYL TAYLOR

Conestoga College president John Tibbits called the purchase of the University Heights property in Waterloo a rare financial opportunity for the college at an Oct. 3 meeting of college council.

"It's too good a deal," he said. "The price is just too good to pass up."

Without going into specifics, Tibbits said the price the college will pay the Waterloo Region district school board for the former secondary school is a once in a lifetime chance.

"We'll never get that property at that price again," he said, "unless, of course, the whole western world collapses."

University Heights secondary school, formerly Laurel collegiate institute, was built in 1967 as a technical institute and was declared surplus by the school board in the late 1990s.

Kevin Mullan, Conestoga's vice-president of finance, said the property would be ideal for the college's Waterloo campus. "It was probably better designed as a college campus than it was as a high school."

University Heights is a 115,000-square-foot building on 12 acres and, he said, site planning allows for expansion up to 200,000 square feet. The Waterloo campus at 435 King St. is 62,000 square feet. Mullan said, and is filled to capacity and can't be expanded any further.

He said the college will acquire the University Heights property in July 2006 and have programs up and running in time for the September 2006 semester.

Tibbits said moving the college's Waterloo campus from its current location to the new site will allow for significant expansion of the college's services.

"The primary focus of University Heights will be apprenticeship," he said. "This is a hot economy and there will be major growth in the area of apprenticeship."

Apprenticeships in the food preparation and construction technology programs are to be two of the main features at the new campus, as both will be in high demand as Waterloo Region's economy

continues to grow.

Tibbits said the college plans to move its Waterloo campus to University Heights and sell the King Street campus, rather than try to operate both. However, he said, there will be programming operating out of both locations for at least a year, possibly as long as five years.

Tibbits said plans for the future of the Waterloo campus depend largely on how long it takes to sell the location. "It's not a simple matter," said Tibbits. "We're talking about expensive properties, in Waterloo and you don't just shop them and sell them in a week."

Tibbits said Conestoga had 29 campuses when he became president in 1987, compared with only five today. While reducing the number of campuses agitated some people, he said, it was for the best.

"We could not offer a critical mass of programming and services that would be attractive to people," he said. "It could not be done. So we withdrew."

The strategy now, Tibbits said, is to focus on growing the existing campuses so more services and programs can be offered at each one, rather than branching out to more locations.

"What we're trying to do at this University Heights campus is offer that critical mass," he said.

In other business, council heard

that construction on Conestoga's new student life centre is to begin in November. Vice-president of student services, Mike Dinning, said the 40,000-square-foot centre will open in time for the September 2006 semester.

"The planning is in place and the bid is up for tender," said Dinning. "Now it's time to plan the programs (the centre will offer)."

Services offered at the student life centre are to include study areas, meeting rooms, a retail shop, a student health centre and a bistro.

Dinning said the aim of the new centre is to attract potential students, particularly younger ones, who list campus social life as one of the most important factors in choosing a college. Students ages 17 to 24 make up approximately 85 per cent of the full-time student body.

Council also heard a presentation from preparatory programs chair Andrea Leis on improvements to preparatory access which make it easier for those without secondary school diplomas to access skills training and apprenticeships.

"It's my mission in life to get the word out that you can continue your education without a Grade 12 diploma," said Leis. "There are no wrong doors."

College council will meet again Nov. 7 in the Student/Client Services Building.



(Photo by Darryl Taylor)

University Heights is currently operated as an open door school for adults by Waterloo Region district school board.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could date any cartoon character, who would it be?



"She-ra from He-man because I used to think she was cool as a kid."

*Robert Budding,  
first-year computer  
programmer analyst*

"Jessica Rabbit because every guy dreams of getting with her."

*David Burchatzki,  
second-year  
management studies*



"Superman so he could fly me around."

*Sarah La Croix,  
second-year nursing*

"Alvin (yes, the chipmunk) because he sings and he's got cool hair."

*Chelsea Stone,  
first-year advertising*



"Wonder Woman because I like her voluptuous breasts."

*Arthur Krawzyk,  
second-year  
management studies*

"Pocahontas because she has all the colours of the wind."

*Ryan Sooley,  
first-year architecture*



"Lumiere — he's a smooth-talker and hot (literally)."

*Carrie Gibson,  
first-year broadcasting*

Smile Conestoga, you could be our next respondent!

# CSI council for first years

By JANET MORRIS

Listen up first-year students. You have more opportunities to get involved in college life now that Conestoga Students Inc. has established the First Year Council (FYC).

The FYC started this year with hopes that the group and the activities they participate in will foster an improved student life experience.

The entire council is made up of 16 first-year students from 15 programs across the college.

In order to qualify to be a member, students must be CSI fee-paying first-year students at the Doon campus and be willing to devote 10 hours per month.

President of CSI, Justin Falconer, said in an e-mail that because first-year students have the highest expectations of college life and represent nearly half of Conestoga's full-time student enrolment, it makes sense for those individuals to lead.

"They are enthusiastic, skilled and capable to affect student life," he said.

FYC members will have two monthly activities, one being a challenge and the other an educational activity.

Each month the group is divided into two teams, white and black, who compete against each other in each challenge as an incentive within the council to win challenges.

After each month new teams are assigned.

## Getting students involved

Continued from Page 1

"With more organized activities with a broader base, they're going to attract more attention."

CSI's new First Year Council (FYC) is made up of 16 first-year students who will plan the Conestoga United Way games, CSI president Justin Falconer said.

The games will be held Oct. 25 and 26 from 11:30 a.m. to 1:30 p.m. and will challenge teams from each program at the college to face off against each other. Falconer confirmed there will be 10 games but said the specifics are still pending approval by the college.

"They're first-year students, they have large expectations, they have imaginative ideas and we have to institutionalize their ideas," he said. "There will be some traditional things (like) the tug of war. But there will be some things that you might not have imagined."

Students can sign up for the games in the CSI office in Room 1B21 at a cost of \$5 per person.

The FYC also planned to canvass classrooms from Oct. 11 to 14, collecting donations in buckets. Watts said faculty is not obligated to have the FYC come in if their students are writing a test or cannot be disturbed, but she hopes they will do whatever they can to support the United Way.

Other CSI-driven activities include the annual Halloween bash on Oct. 27 at 9 p.m. in the Sanctuary, where the \$2 cover charge for each student will be donated to the United Way.

For October the council is organizing and implementing a student-involved charity fundraiser called the Conestoga United Way Games taking place on Oct. 25 and 26 between 11:30 a.m. and 1:30 p.m.

Students can sign up to participate in the games in the CSI self-serve office located in Room 1B21.

"Already you can tell we are an eager group who are ready to bring awesome things to campus."

*Julie Beth Lowe,  
first-year paramedic*

Last week the FYC went from classroom to classroom soliciting donations and creating awareness for the college's United Way campaign taking place from Oct. 24 to Nov. 4.

The council will also participate in workshops on topics such as time management and dealing with difficult people for the educational component.

Derek Yaremmy, 19, a first-year mechanical engineering student, is on the council and said he had always been involved in sports at school but never with administration.

"I've never been able to change things like I can with FYC," he said. "I thought it would be fun to be directly involved with school."

Yaremmy said being on FYC may

influence him to run for the CSI board next year.

"Being involved in sports and having leadership skills would be good for CSI," he said.

Julie Beth Lowe, 21, came to the paramedic program after completing her bachelor of health sciences degree at the University of Western. She said she has always been involved in school-related activities.

"My mother always told me 'you can't complain unless you plan on doing something about it,'" she said.

Lowe said the council is coming along slowly as the group gets to know each other.

"Already you can tell we are an eager group who are ready to bring awesome things to campus," she said.

Lowe added she hopes her involvement on the FYC will help her get a better understanding of the CSI board.

"Maybe it might pique an interest," she said.

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as you get older  
you become your  
mother."**

**"I hope to God  
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# CSI donates food to students in need

By BRANDON WALKER

After the annual barbecue at Conestoga College's Guelph campus, Sept. 29, Conestoga Students Inc. (CSI) donated several pounds of leftover food to students who are on social assistance at the campus.

Marg Hunsberger, a preparatory studies professor at the college, said the timing for the barbecue and donation was perfect because it was coming to the end of the month and those students were running low on money.

"We were pleased that they (CSI) were so intent on giving food to students who needed it."

Marg Hunsberger,  
preparatory studies professor

She wanted to thank CSI for their kind donation. "We were pleased that they were so intent on giving the food to students who needed it."

Dolly Phan, one of CSI's directors, said CSI was happy to help students in need. "(Hunsberger) said some of their students could really use the food because their cheques didn't come in until next week or later and they were in a bind, so we said we would donate the rest of the food to them."

Normally after an event, Phan said, the leftover food is given to the school where the event is held or CSI brings the food back to the Doon campus.

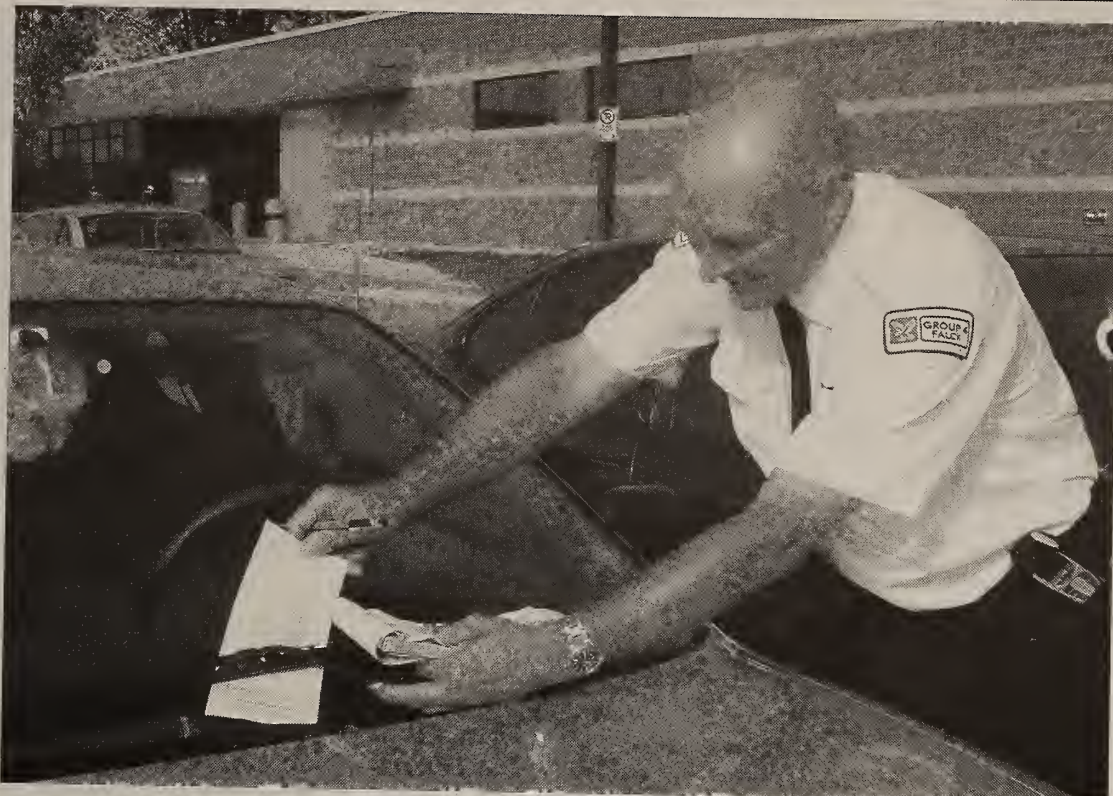
Hillary Greb, a self-serve supervisor for CSI, said it felt good to do something for students in need. "(The teacher) said we were going to feed a lot of people supper that night."

Hunsberger said CSI donated several pounds of hamburgers and hotdogs, one package of veggie burgers, a dozen packages of buns, two cases of pop and two cases of water. She said she gave the food to 10 students.

CSI held their annual barbecue for the Waterloo campus Sept. 27. Greb said after the Waterloo barbecue most of the food was gone.

At both events, CSI gave out free food along with Axe body spray and body wash and Excel gum and mints.

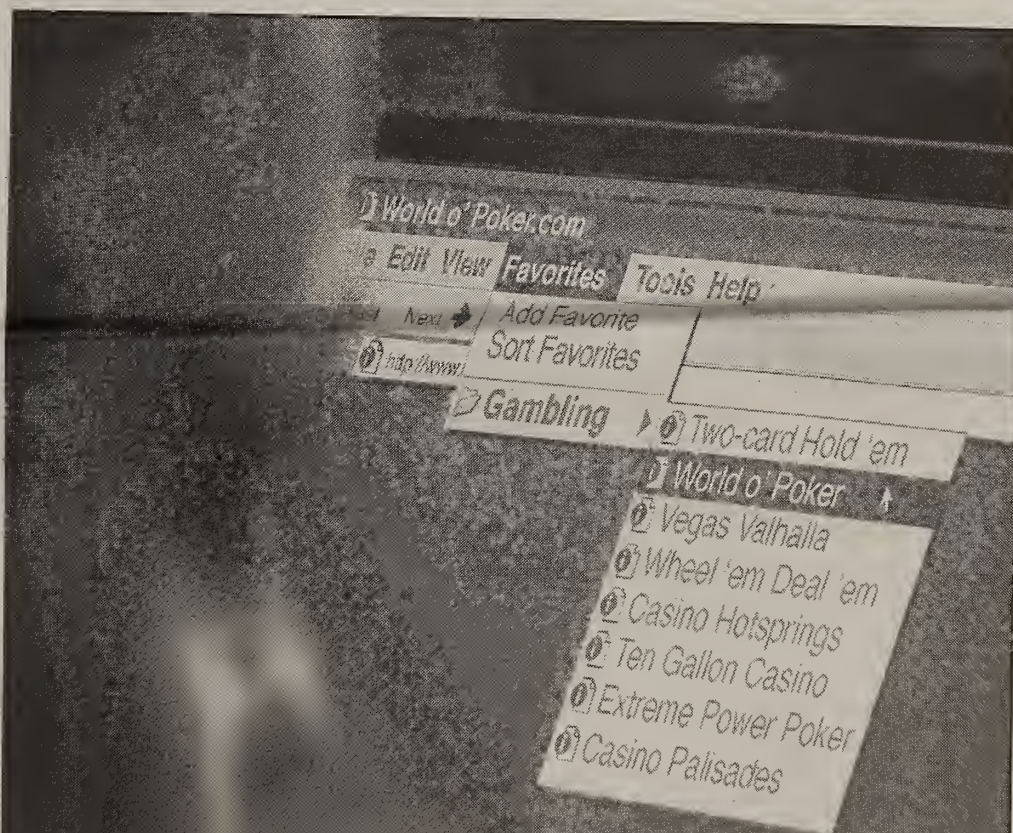
Phan said both barbecues were a success. "Students always have a good time when there's something free."



(Photo by Steph Baulk)

## The winning ticket

Irv Schenck, a security officer at the college, puts a ticket on this car that had last year's permit displayed. Schenck said security will soon be ticketing everybody in both the morning and afternoon.



## CORRECTION

In the Oct. 11 edition of Spoke, two names were spelled incorrectly. In a story on the CSI Idol competition, Matt Ruiss was one of the judges. In a separate story, Wilfred Closs was the man hit while crossing a Cambridge road in his wheelchair. He died later in hospital.

Spoke apologizes for the errors.

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# Student debt out of control

One minute you're up, the next you're down.

When it comes to tuition fees, Ontario's post-secondary students are constantly battling bills and debt.

Premier Dalton McGuinty has confirmed, to many students' dismay, that the two-year tuition freeze will come to an end in September 2006.

For many programs at Conestoga College, the \$1,820 annual fee has been plenty for students to cope with, but the fees don't stop there.

People forget about the extra costs that come with being a student. Locker fees, living expenses, activity and priority fees, books, supplies and health plans all send the register tape rolling.

For the past two years students and their families have been able to budget accordingly to comply with financial needs. Although money for many students and families has still been tight and loans and bursaries have still been counted on, there has been a sense of consistency in tuition fees.

When the Mike Harris government was elected in 1995, students later experienced a two per cent increase in tuition each year. Students were forced to get bigger loans which ultimately led to bigger debts. Affordability and opportunity were at a low.

In February, former premier Bob Rae presented recommendations to the McGuinty government after eight months of reviewing the post-secondary education system. Students and other members of the public in cities across Ontario all had a chance to speak about issues, finances being one, with panel members of the review board.

Some may be wondering if it was a waste of time.

A February article about the review, written in Spoke, read, "A long-term recommendation is to implement a system with the federal government that would allow graduates to repay their loans at rates that reflect their incomes."

Where is this system? Ontario Student Assistance Program (OSAP) loan repayments begin after a student has been a graduate for six months, or becomes a part-time student. There are exceptions made for low-income students or people who are having difficulty making payments, but all in all, the loan has to be paid back with interest.

Will there ever be a time when students don't need loans of more than \$10,000 per year to make it through school? Add that up over the course of a three-year program and debts can become out of control.

The article also read, "Rae suggested that there be no increase in tuition until the student assistance system is reformed and until the government has made investments in the education system. Once this is done, he recommends that institutions set tuition levels, but that the levels are predictable, transparent and affordable for students."

McGuinty has yet to announce the exact increase in tuition for 2006. If he can announce and bewilder the minds of stressed-out students, he could at least have the courtesy to do so with an exact percentage.

Students have been sent to a war with guns, but no ammunition. If people can't prepare to defend their bank accounts how can educational success be in their futures?

Many students jump at the first dead-end job they can get after graduation to ensure some sort of income for paying back student loans.

Is McGuinty prepared to explain why future workers' levels of experience are not at their best? Because when a graduate has to struggle to make ends meet, any job will seem satisfactory.



Even the chill in the fall air won't stop the tuition freeze from melting.

## Being passive feels crappy

To be quite honest, being a pushover sucks. Especially when most people know I'm the biggest one around. Many of my friends know they can always get their way with me because they know I don't have it in me to fight back, let alone say what's on my mind.

I've always been like that, though; I've always had a hard time saying no to people. I always feel bad for giving people a rough time, even though they've ticked me off or done something I didn't think was right. No matter what my thoughts are, I'll always back down and never stand up for myself. If I wind up in an argument or I'm not happy with a product or service, I'm always that guy who's polite about everything and agrees with whatever the other person has to say, even if I think they've done me wrong.

People seem to enjoy taking advantage of my confrontation problem. Those who know me know all too well I have problems saying no and they'll use that for their own gain; whether it be lending them money, doing them



Jason Sonser

Opinion

favours I'd rather not do or anything else. It's sort of ironic, I suppose, when I do actually muster up enough guts to actually refuse something, the other person will get angry and storm away in a huff. I suppose it hurts, when someone who doesn't like confrontation finally turns you down.

I guess my rant is about how crappy it feels to have a passive personality. On the one hand, whenever people come to me over and over to ask for favours, I usually never turn them down. These aren't small favours, either; people calling me up out of the blue to give them rides around town, giving people money to buy smokes, doing other people's work so they can have a break. Once in a while, asking for these favours is OK. However, when the same people

ask for the same favours every other day, it starts to frustrate me because of my inability to refuse.

For example, a couple of years back, I had a friend who didn't have a car and she had learned that I recently obtained my G2 licence. It became a habit for her to call me just to ask for a ride to her boyfriend's place. The first 10 or so times I caved in and helped her out. After the next few calls, I started to realize that she would only call me when she needed a ride to her boyfriend's. It started to really make me feel bad.

When I turned her down one day, she got angry, began insulting me and hung up the phone. I haven't spoken to her since.

Of course, it made me feel really horrible because it was one of those situations when I was on the short end of the stick, no matter how I handled the situation.

I've always been a pushover and I suppose I always will be. Being easy-going does have its benefits, though. The friends who appreciate my laid-back personality make it all the better.



### Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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# Conestoga's programming contest cancelled

By TOM KALBFLEISCH

Conestoga College Institute of Technology and Advanced Learning cancelled its third annual computer programming contest because no students registered to participate in it.

Meyer Tanuan, a professor in the school of engineering and information technology, said the reason no students signed up for the contest was not because of lack of interest or advertising. Instead, he said the reason was because of the lack of students who can solve the complicated computer programming problems and the availability of those students.

"The reason why availability is such a high concern when it comes to these contests is because students are very busy," said Tanuan. "They either have to do a lot of homework or put their time in part-time work. A contest isn't the highest of their priorities."

Students compete in the competition by solving computer programming problems by using a wide range of programs such as C, C++ and Java.

Normally, the top three students who solve the problems correctly represent Conestoga College at the ACM East Central North America

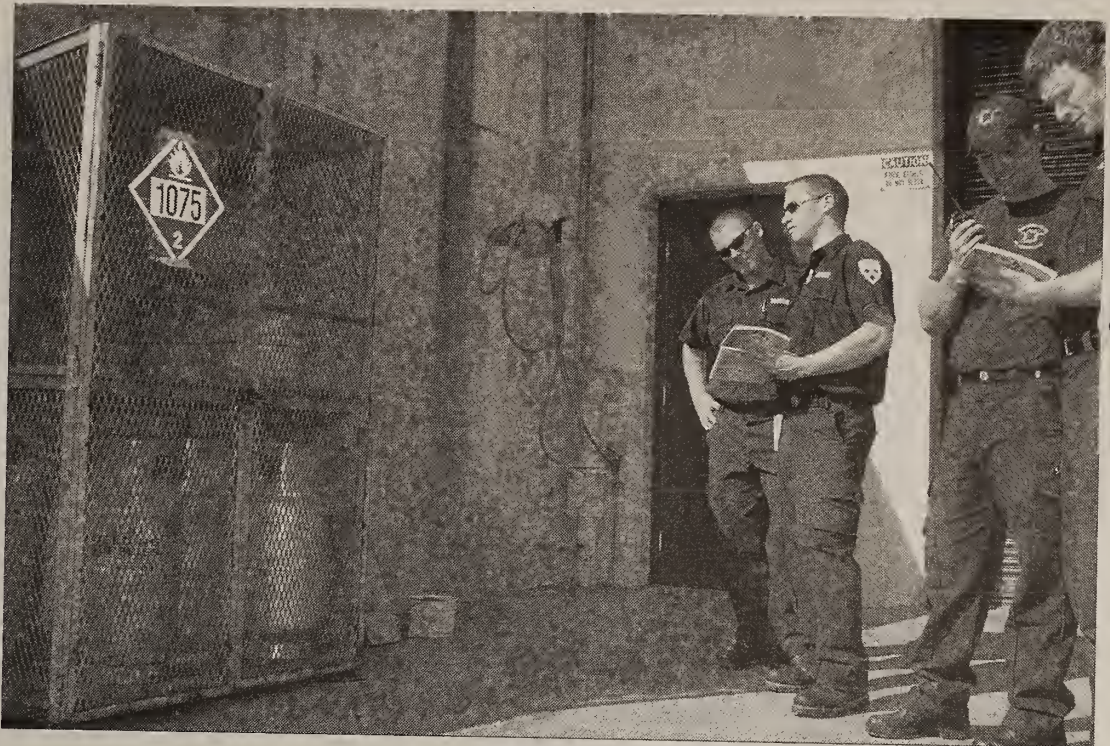
Regional Programming Contest at Sheridan College. All expenses to the regional contest are paid for by the college including a nights' stay at a hotel in Oakville.

The first year that Conestoga held the contest only three students participated and in the regional contest they completed zero out of eight problems. The following year at the college's second annual computer programming contest four students participated and at the regional contest, solved one out of eight problems, ranking 95 out of 120 teams.

In past years, the top three winners of the local contest who are registered to compete in the regional contest received a one-year free student membership from Association for Computing Machinery (ACM), a \$22 value. They also received a free contest T-shirt for representing the school.

According to Tanuan, whether Conestoga will hold the contest next year won't be decided until closer to 2006.

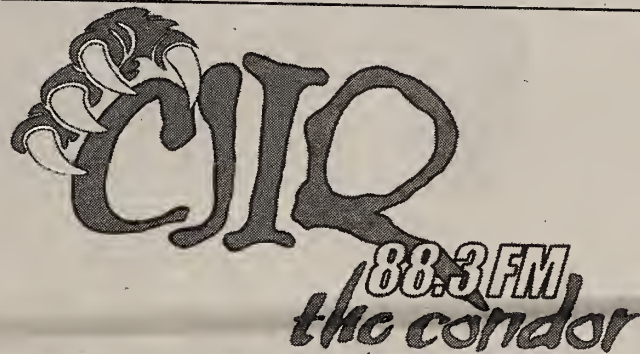
"All that we can do is hope that more students sign-up for the contest," said Tanuan. "If we feel that more students will come out, then we will most likely hold the contest again next year."



(Photo by Tim Gedcke)

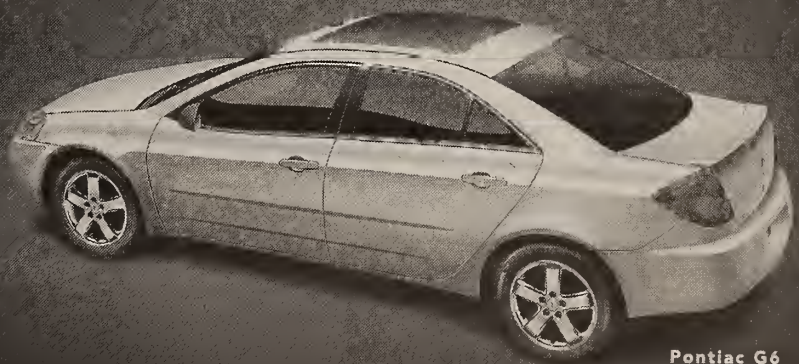
## Firefighters on the scene

Second-year firefighting students, from left, Kalin Weatherhead, Trevor Milton, Adam MacDonald and Chad Dawe practise checking the ammonia room for responses to hazardous materials. The number of phone calls firefighters receive varies, but they increased dramatically immediately after Sept. 11, 2001 as scares of anthrax powder rose.



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# Students survive Canadian culture

By TIFFANY MCCORMICK

International students learned to outwit, outlast and outplay to survive the Canadian culture at Survivor Conestoga on Oct. 6.

In its third year, Survivor Conestoga, a series of health and safety workshops, helped students learn about diverse Canadian culture and how to be better prepared to handle situations foreign to them.

Osmar Arias, a level 4 English Language Studies (ELS) student from Colombia, said since everything is new for him, he enjoyed the workshop.

"Every country is different," Arias said. "I learned something new about survival in Canada."

The event featured seven workshops. They were Boundaries, Abuse, Drugs and Alcohol, Healthy and Easy Meals, Walk Safe, Healthy Sexuality and Healthy Lifestyle. Each consisted of a 12-minute presentation to show students how certain aspects of Canada are different from other countries.

Boundaries, hosted by Shawna Bernard of Student Services, dealt with personal, spiritual, physical, financial and academic boundaries.

Sample questions regarding each type of boundary were discussed and suggestions on what to do in such situations were provided.

What your personal limits are is what you want them to be Bernard told the group.

"You don't have to do things you're uncomfortable with."

Abuse dealt with physical, sexual and emotional aspects. Keith Martin of Student Services said to the group that abuse in any form is not OK.

"No one has the right to do something sexual that you didn't say

was OK," he said.

Skits illustrating each type of abuse were performed giving students the opportunity to recognize the abuse and be able to identify it should it ever happen to them or someone they know.

The Drugs and Alcohol workshop was a team question and answer period. Students were told what the legal age to drink in Canada is, when it is a good idea to end a drinking game, how much time it takes before

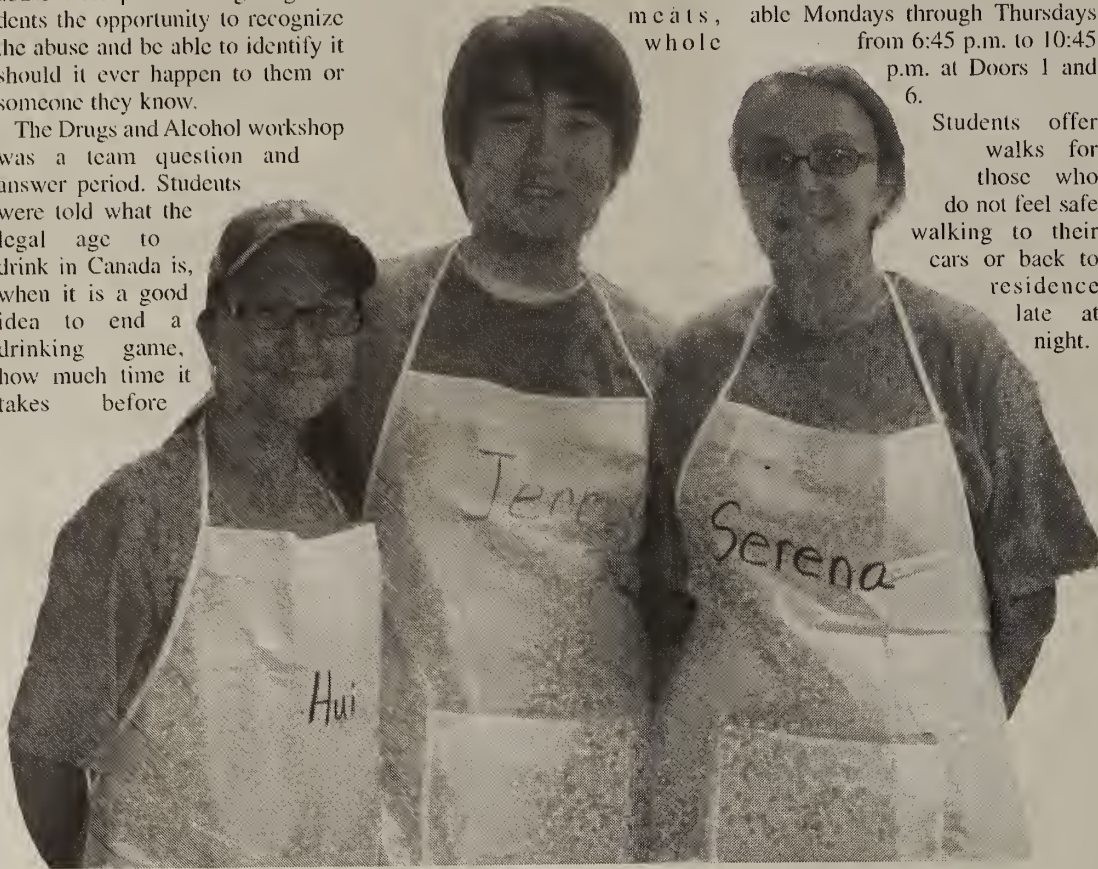
fast food restaurants.

Healthy foods consist of vegetables, white meats, whole

stressed that 911 is only for emergency purposes.

For the program itself, it is available Mondays through Thursdays from 6:45 p.m. to 10:45 p.m. at Doors 1 and 6.

Students offer walks for those who do not feel safe walking to their cars or back to residence late at night.



(Photo by Tiffany McCormick)

From left, Hui Wang, Jerry Zhao and Serena Reis, the leader of level 3 ELS students, gave students some healthy meal ideas to maintain a balanced diet.

alcohol passes through your system and that buying or growing marijuana is illegal.

This workshop also gave students advice on how to be safe when out with friends and how to recognize signs of possible addictions such as alcoholism.

Healthy and Easy Meals was designed to offer students healthy meal ideas as alternatives to McDonalds, Tim Hortons and other

wheats, milk, fruit and water.

Jerry Zhao, a second-year financial planning student, made fried rice with vegetables for students to sample.

He offered the website [www.aryoueye.com](http://www.aryoueye.com) for step-by-step cooking procedures and healthy recipes.

Walk Safe discussed the hours and location of security, the reasons to approach security and

They also gave students tips to consider when walking alone. Carrying little cash, staying in well lit areas and keeping a cellphone on hand can help keep a person safe.

Healthy Sexuality was discussed by Dianne Roedding, a practical health nurse for the Region of Waterloo Public Health.

Three kinds of sex, sexually transmitted diseases and how to avoid contracting them were con-

centrated on as well as the proper way of putting on a condom, which is the only real protection against sexually transmitted diseases, Roedding said.

Ensuring the expiry date has not passed and the package isn't ruined are key factors in making sure the condom is still OK. Avoiding oil-based lubrications, which eat through latex, and making sure the condom is put on correctly will help avoid the transfer of diseases as well as pregnancy.

In Healthy Lifestyle students learned that relaxation is the key to avoiding stressful situations.

Colleen Holmes, a fitness and equipment technician for the rec centre, reminded students that with their student card they are entitled to free admission to the rec centre where they can use weights, machines and join one of several fitness classes.

Jasmin Gu, a second-year ELS student, said the workshops help students to know how to get something they need.

"They give us more information to help know something about Canadian culture," she said. "I learned different information from each workshop."

Zhao said Survivor Conestoga is helpful for new international students.

They don't know the culture well," Zhao said. "The longer they stay in Canada the better they'll learn to take care of themselves."

Zhao, who once attended the ELS program, said he feels healthy eating habits are important for the students to learn. He said some students only like meat or vegetables and that is not good.

"It should be balanced," he said. "A lot of students don't know how to take care of themselves. I hope I can help them a lot."

## International student Survivor has another successful year

By MIKE BORS

The third annual Survivor Conestoga was held in the E-wing on Oct. 6, giving international students the chance to learn about North American culture and interact with one another.

The event was put on by staff from Student Services, the counseling offices and the International Students offices.

The day started off with more than 70 international students being divided into seven tribes identified by colours: luchsia, green, pink, yellow, mauve, brown and blue.

The groups then went to seven different workshops for 12 minutes at a time, where presenters spoke on topics ranging from safe sex to healthy living. Each workshop was in a different classroom from 2E14 to 2E18.

"I think it's a good opportunity for me to get a ton of working experience and maybe I can make some friends as well," said Boyu (Jerry) Zhao, an international student in second-year financial planning, who co-ran a workshop on healthy eating.

Each tribe was assigned one or two wise elders, supplied by the Teaching English as a Second Language (TESL) certificate pro-

gram, to help students if they had difficulty understanding the workshops.

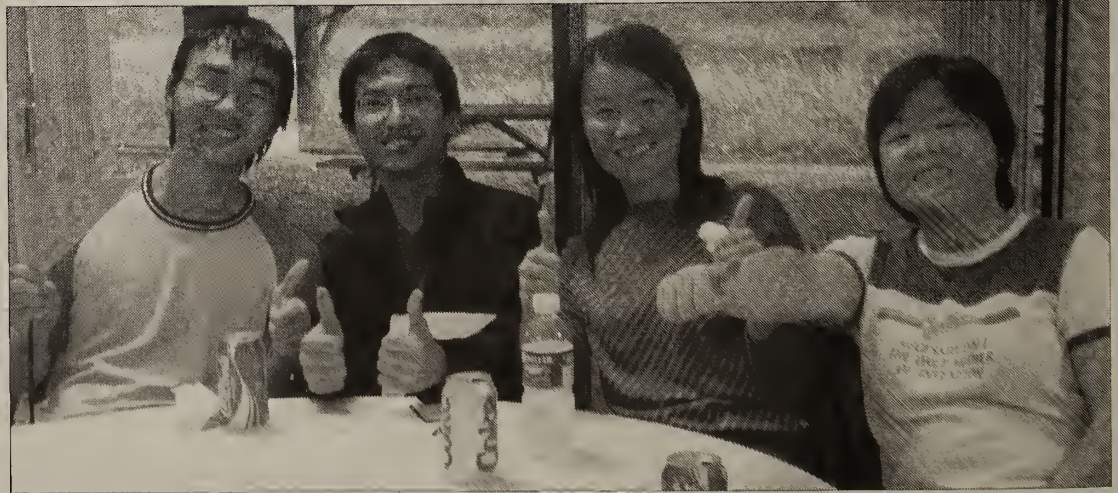
"We thought this was a wonderful opportunity for them tonight to see just how we meet particular needs in our student population," said Laura Stoutenburg, TESL certificate program co-ordinator.

The event was MC'd by retired co-ordinator of English Language Studies Melanie Reed, who was asked to return because she was the driving force behind the first Survivor Conestoga. However, she gives a different reason for her return.

"When doing the first Survivor, I happened to find this terrible jungle bird (sound effect) with a terrible squawk that we used to signal the end of each session," Reed said. "As a result, since I was the owner of the bird squawk, I got invited back."

Prizes were awarded to students between each workshop. Students were given tickets at the beginning of the evening and the numbers were drawn at random from a bucket. The prizes included various merchandise endorsing Canada as well as Conestoga College merchandise, such as mugs and notebooks.

"I think it's a great way of not only getting the international students to get to know each other but



(Photo by Tiffany McCormick)

From left, Mike Ma, a level 3 ELS student, Tony Ma, a marketing student, Cyndi Ma, a level 3 ELS student, and Julia Yu, a level 4 ELS student, give Survivor Conestoga a big thumbs up.

showing them how to keep safe and how to eat properly in Canada with the sources that we have for them," said Megan Stark, a second-year police foundations student who co-ran a workshop about the college's Walk Safe program.

The Blue Room played host to the event in previous years but this year, organizers felt there was need for a change.

"It was noisy, you could hear each station as you moved around," said Pauline Shore, co-ordinator of

the English Language Studies program, of the Blue Room Survivor. "Up here (the E-wing) it was grand because we could go into the classrooms and close the doors. I think it worked very well that way."

She said students were excited about attending Survivor Conestoga for most of the week.

"The teachers got them all riled up as the week went on," said Shore, "telling them about the prizes and the free supper. I think that excited them."

A dinner was provided in the Blue Room after the event where students and volunteers had the chance to mingle while enjoying a buffet of hamburgers, hotdogs, french fries, salad and a cold drink.

Two rice cookers were awarded as grand prizes at the end of the evening.

Students were given evaluations the next day in class to tell organizers what they thought was good and what could be better for next year.



# This fall pick your perfect pumpkin

By VANESSA PARKER

The end of summer can be depressing for some but one way to enjoy autumn is to visit a farm that embraces fall by celebrating the harvest period in a different way.

At Strom's farm, located on Wellington Road 32 off Highway 24 between Guelph and Cambridge, pumpkins are everywhere. You can walk through the pumpkin patch and pick any size you like. If the pumpkin of your eye is of the more plump variety, they also have wheelbarrows you can use to cart your pumpkins through the patch.

If you're not looking for a pumpkin to carve, Strom's also has sweet pumpkins perfect for baking.

Even if you already have a pumpkin you will want to visit Strom farm, because they also have an assortment of squashes, onions, potatoes, gourds, corn and other vegetables.

Strom's employee, Kristin Guite, says they grow enough pumpkins to make sure they never run out. "All pumpkins left over at the end of the season are turned into com-

pose and distributed back on the farm," says Guite.

The farm has a variety of other festive treats like homegrown popcorn, apple cider and apple wedges with caramel.

If picking pumpkins isn't enough to get you to forget about summer, there is also a five-acre corn maze.

To celebrate Halloween, the maze is open until 9 p.m. for the two weeks before Halloween. The staff provides glow sticks to take with you as you wonder through the cornstalks at night.

The farm is also dedicated to a good cause, giving 10 per cent of all corn maze admissions to Wellington County's Habitat for Humanity.

If you enter the maze you also have a chance to win a \$500 gift certificate from Rona Cashway. Ballots for the gift certificate are hidden throughout the maze.

Admission for the maze is \$7 for adults, \$5 for children four to 11 years old and free for children under three. The last weeks of October are the farm's busiest time so if you want to experience the colours of autumn in a different way, this is the place to do it.



(Photo by Vanessa Parker)

Find the perfect pumpkin for your Halloween jack-o'-lantern. You can choose from hundreds of pumpkins that blanket the ground at Strom's farm.

## Fun Fact

What happens when a forest fire is raging out of control in the middle of a desolate piece of land? There are people who devote their lives to making sure these fires are taken care of before the flames completely overtake such precious space. Smoke jumpers are notified of the fires and are then flown into the engulfed forests where they have to then parachute down to the area in need of attention.

In 1940, smoke jumpers made their first operational drop on the Nez Perce National Forest of Idaho.

## Rec centre brings back shinny hockey

By ERIC MURPHY

Shinny hockey is back as the Conestoga rec centre tries to provide what the students really want.

"Initially shinny hockey was cancelled," said Paula Feddema, administrative services co-ordinator of athletics/rec centre. "But students were asking for it and it's their facility so we brought it back."

The rec centre has provided the popular activity since 1980, making it available to the general public as well as students, however, there wasn't enough parking to facilitate everyone and had to be cancelled.

This semester's shinny hockey, which started Oct. 13, is only for students and members of the rec centre.

It runs from 2:30 to 4 p.m. at the rec centre hockey rink on Mondays and Thursdays.

"You need to provide your own equipment but it's free for students and members of the rec centre," said Feddema. "We'll see

how it goes and if we have the numbers we'll run it again in January."

First-year architecture construction engineering technology student, Justin Rowley, thinks the new NHL season should raise the interest in shinny hockey.

"Watching the Leafs versus Senators game made me want to go out and play," said Rowley. "It's free, that's awesome."

Chris Skomorowski, a first-year architecture construction engineering technology student, thinks students will definitely play if they have the equipment.

"I would go for sure, have some fun and work off the Harvey's," he said.

First-year general arts and science student, Andrew Ducker, thinks it's a good idea to provide free shinny hockey as hockey is just starting up again.

"Get out and meet some people," said Ducker. "It's free which is always a plus."

Students wanting to play should show up with their student I.D. and have full equipment.

## COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

### Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank...I'm not cut out for this.
- I have to get an "A".
- I'm going to mess up and look stupid.

### Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck---what a loser!
- Everyone's finished but me---I must be dumb.

### Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course---how can I do that?

### Worry about bodily reactions:

- I feel sick---I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

**What can you do?** There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Student Services to learn some effective test anxiety reduction strategies;
- Inquire about a Test Anxiety group and/or a Relaxation group for help with the physiological symptoms in the Student Services Office;
- Read Edmund Bourne's *Anxiety and Phobia Workbook* in the LRC;
- Sign up for the Anxiety and Personal Performance Winter Elective in Student Services.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>





(Photo by Tara Ricker)

### The Hans-on approach

Uncle Hans leads the way at Kitchener-Waterloo's Thanksgiving Day parade on Oct. 10.

## Groundskeeping achieves most summer goals

By ADAM HANNON

The groundskeeping department at Conestoga College has achieved most of their goals over the summer.

Peter Schlei, the lead hand of grounds, said efforts have been made to make the Doon campus more accessible to mobility impaired students.

At Door 5, a new handicapped ramp was completed at the end of August, replacing the old ramp which was deteriorating.

The sidewalks around Door 5 were also reconfigured to allow a better flow of people and to increase accessibility for the mobility impaired.

In addition, a curb cut was added on the sidewalk near the wood skills building, allowing easier wheelchair access, and the entrance to the woodworking building was refurbished.

Schlei said the turf in the area was eroding, so the grounds crew turned it into a more naturalized area by adding a plant called "goutweed."

Groundskeeping has also been busy since the last school year with cleanup and preventative maintenance. The grounds crew maintains

a total of 85.5 acres of land across the college's five campuses.

"There are costs that need to be incurred," said Schlei. "If they weren't, the infrastructure wouldn't hold together."

Each year when the snow melts, the groundskeeping crew on the Doon campus, which consists of only two people, spends about two weeks cleaning up garbage and debris that was under the snow. They even bring in street sweepers to clear off roadways of salt and debris.

"If we can reduce the amount of litter, that helps to save valuable time," said Barry Milner, manager of physical resources at the college.

On June 14 the groundskeeping crew removed at least 15 trees which had fallen on roadways during high winds.

"We had trees down across roads," said Schlei. "We had to remove them so people could come and go safely in the morning."

He said each year they evaluate any damage done to trees by weather or environmental damage.

"Trees are a valuable resource, we don't want to be losing them due to weather conditions," said Schlei.

## Interested in attaining a Degree from College?

Visit the new degree completion site. Click on the icon found on Conestoga's home page to...

- find out about formal and informal agreements connecting Conestoga's programs with North American and international universities and reduce the time and money you spend earning your degree
- gain knowledge about applied and collaborative degrees offered at Conestoga
- have your questions answered by university reps. visiting the campus
- learn how to sign up for "Making the Transition to University" workshops
- get answers to "Frequently Asked Questions"
- access glossary support to help you understand university culture and lingo

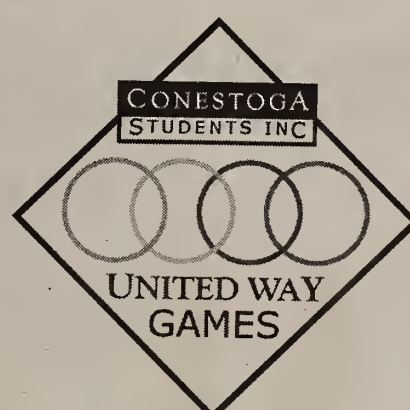
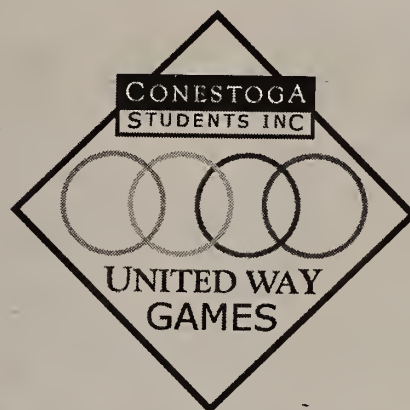


(Photo by Amanda Kahgee)

### The long road to autumn

Students could walk to school coatless at the beginning of October. However, that is no longer the case, with temperatures now heading towards the freezing mark.





# 20 TEAMS

## 10 ACTIVITIES

### \$5 TO ENTER (MINIMUM)

### 1 CHAMPION

### SIGN UP IN THE CSI STAFF OFFICE

Student Services presents

# Chillax

Friday, Oct. 21st

11:30am - 1:30pm

ROOMS: 2E02, 2E04, 2E05

Deep breathing

Guided imagery.

Progressive muscle relaxation

DROP IN TO  
Practice Relaxation  
Techniques

## WIN A TRIP FOR TWO to Panama City, Florida

\*HOW MANY FULL-TIME STUDENTS ENROLLED IN  
MINISTRY FUNDED PROGRAMS WERE AT  
CONESTOGA COLLEGE (INCLUDING GUELPH / WATERLOO)  
ON SEPTEMBER 19, 2005?

**CONTEST IS OPEN TO FACULTY, STAFF,  
ADMINISTRATION, AND STUDENTS.**

**\$1 PER GUESS - ALL PROCEEDS WILL  
BE DONATED TO THE UNITED WAY**

**\* A SKILL TESTING QUESTION WILL  
APPLY**

CONTEST OPENS OCTOBER 24th  
AND CLOSSES NOVEMBER 3rd  
DRAW WILL BE NOVEMBER 4th

**FILL OUT A BALLOT IN THE  
CSI OFFICE - ROOM 1B21**



**United Way**

\*CONTEST EXCLUDES FULL-TIME  
CSI STAFF AND DIRECTORS

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# BREWERY HAS LIQUID ASSETS

By TODD RELLINGER

Jim Brickman started the Brick Brewing Co. in 1984 simply because he loved beer. The brewery offers the largest variety of beers and has won more International Monde Selection for Quality awards than any other craft brewer in North America.

Does being small and unique mean you don't matter? Not according to the Brick Brewing Company, located in uptown Waterloo. This craft brewer has put out 1.2 million cases of beer this year and has the ability to produce more than three million cases annually.

"We are still trying," said Jim Brickman, founder of the Brick Brewing Co. Limited. "We never viewed ourselves as taking on the big guys (Molson and Labatt's)."

In the beginning Brick was trying to get into beers that weren't mainstream, a little fuller bodied and more flavourful. Not that there is anything wrong with the major brands of beer, said Brickman, but there was a market niche out there whether it was taste or bottle or just the company itself. "We have been at this for 21 years and are the pioneer of this whole category."

There are pros and cons about being number 1 in the craft brewing renaissance, said Brickman. The big brewers have tried to follow in some of their brand offerings, so in a way Brick is competing for market share with Molson and Labatt.

Brick quietly started the buck-a-beer promotion three years ago when their run at making the ready-to-drink Mikes hard lemonade came to a halt. "Lakeport got the credit," explained Brickman "but we are

still selling lots of beer."

Once Smirnoff Ice came out, the Mikes hard lemonade sales dragged and Brick looked for something new to brew. "Laker was staring us in the face," said Brickman. "It was a brand that we owned and was always in the value add price range." What started off as something small for Brick, took over for the loss of packaging Mikes hard lemonade.

When asked why Brick was so successful and yet so small, Brickman replied, "It's not what Brick did, the marketplace was ready for it."

Mainstream beer prices have steadily increased, and it isn't tax increased, it comes from the manufacturer, said Brickman.

The major brewers started to do price-offs, lowering the Brickman price of premium beers over key times like long weekends and holidays. Brewers in addition put T-shirts and caps in beer cases. "I think they shot themselves in the foot," said Brickman. "They've cheapened the brands they worked so hard to build up (Canadian, Blue)."

Brick found they started to get a more solid franchise once consumers tried a Laker beer. They went back to their regular brands and realized there wasn't a huge taste difference, plus they noticed discount beers were \$10 cheaper and it wasn't a bad thing to walk into a party with a case, said Brickman.

The brewery got the perfect start back in 1984 when it opened. Before the days of Sunday shopping, Brick was the only beer store open. "It was a great trial period," said Brickman. "People came in looking for their usual brands and we gave them the equivalent of what Brick had to offer."

The brewery has joined with another powerhouse in the retail game as well. After Labatt's couldn't fulfill the needs of Loblaw's Company in getting Presidents Choice beer into Quebec, they asked Brick to look at the Quebec market. "We could offer more flexibility," said Brickman. "We were more interested in coming up with the next liquid idea."

It really wasn't in Labatt's best interest to promote the PC brand he said.

Loblaw's thought Brick considered them a pretty important customer and stayed with us, said Brickman. PC was really out of their element when it came to beer.

"We were a perfect match. We were in tune with the market and were willing to talk about new and upcoming products."

Staying in touch with the market is something they specialize in. For the past 20 years Brick has been the co-sponsor of Oktoberfest in the Kitchener-Waterloo area. Molson is the lead sponsor with the draught beer at all festivities while Brick has all bottled beer.

"There's lots of trial by people at these events since not everyone has had our beer products," said Brickman.

"As a brewery we want to be relevant to the entry drinkers of 19- to 25-year-olds," he said. "It's not just the other brewers you have to worry about, but other products like ready-made drinks."

"When we started production of the stubby bottles we thought the average age for this product would be 35-year-olds and above. It's surprising that the younger drinkers pick it up. They weren't even born and they find the bottle different and neat, something easy to drink."

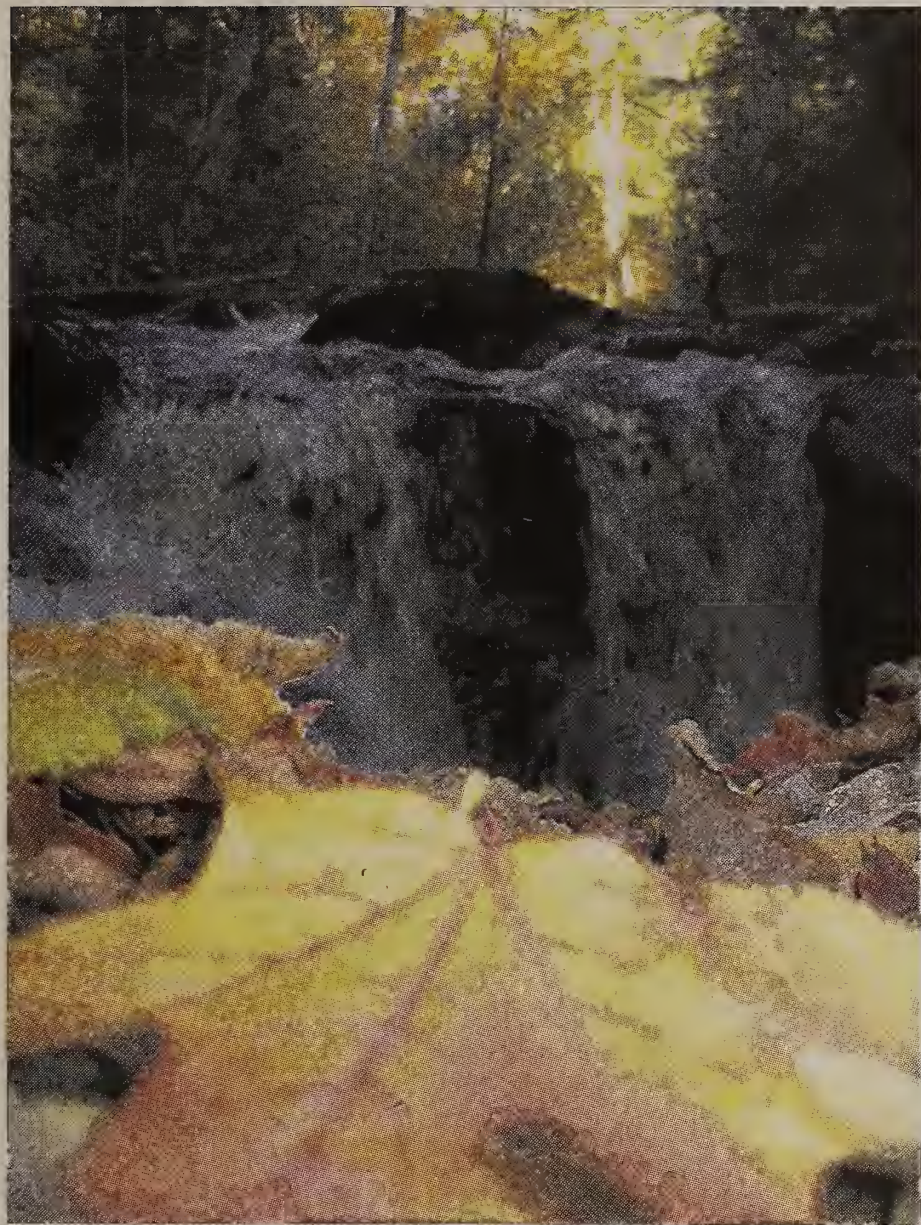
Brickman likes the direction the brewery is headed and has no desire to be as big as Molson or Labatt's. "There's a point where you're too big to be small, and too small to be big," he said.



(Photo by Todd Rellinger)

The little brewery that could, as Jim Brickman describes it, has sold more than 1.2 million cases of beer this past year and has the ability to produce three million cases annually.





(Photos by Brent Gerhart)

### Majestic Mother Nature

Fall brought its bright palette of colours and created breathtaking scenery at Hiawatha Highlands in Sault Ste. Marie during Thanksgiving weekend.

# Sundance balloons drift the day away

By LEE EVANS

"Up, up and away in my beautiful balloon," are the opening lyrics to a song from the '60s. Forty-five years later we are all still fascinated with hot air balloons as they gracefully and silently glide overhead.

In Victoria Park, Kitchener, balloons are still lifting off and drifting over the city with the help of Sundance Balloons.

Simon Rustill, a pilot for Sundance, and his crew started preparing for their evening flight around 4:30 p.m. on a sunny afternoon at Victoria Park Oct. 2.

Rustill got his training in England, started flying balloons with a company in Ottawa in 1999 and began flying with Sundance Balloons in Kitchener in 2001.

In order to fly a balloon, you need the same licence as you need to fly a "fixed wing" plane. You also would need to find an experienced balloonist to train you, (approximately 50 hours) and you have to write your Ministry of Transport exams.

The balloons are approximately 24 metres high and 18 metres in

diameter and are



made from rip-stop nylon, similar to a sports jacket. They are coated inside with special chemicals to prevent leaks and tearing.

The flight crew uses propane burners to fill the balloons with hot air and take approximately 100 litres of fuel on the flight, enough to last about one and a half hours.

They take off from Victoria Park, but land in farmer's fields, away from livestock.

"We are in constant radio contact with the crew in the van," said Rustill.

"They usually go in and get permission for us to land, occasionally after the fact." The "chase crew" guides the pilot to a safe landing, usually near the road and then drives in and collects the passengers to return them to the original point of departure.

The pilot said the farmers usually don't mind, but occasionally they get angry and they have to take off again.

After the flight, the participants celebrate with a glass of champagne with the crew and receive a commemorative flight certificate as a souvenir.

Getting a bird's eye view doesn't come cheap. You can fly weekday mornings at sunrise for \$175 per person. Weekend mornings or any evening flights cost a little more, \$225 per person.

The flights last approximately one hour, depending on weather conditions. Flights are possible throughout the fall and winter and the visibility is often clearer then.

To arrange a flight for yourself or a group of people, contact Sundance Balloons in Kitchener at 741-5499. Order a gift certificate and really impress your loved one with something unique for a special occasion, such as a birthday, anniversary or a special corporate customer.

You can also log on to their website at [www.sundanceballoons.com](http://www.sundanceballoons.com).



(Photo by Lee Evans)

Pilot Simon Rustill ignites propane to initiate lift-off in the now-inflated hot-air balloon.



# Time to modify your ride

By DENISE MULLER

Summer is over and the snow is just around the corner. This is the saddest time for a motorcyclist, but doesn't have to be.

Once the two-wheel toys are tucked away in a garage or basement, it's time to prolong the motorcycling magic by modifying your bike.

There are all kinds of things that can be done at home to a stock street bike, either to better the performance or just to make it look cool.

Craig Mark, service manager at Racer's Choice in Brantford, said most people modify their bikes to be different and because their friends did it.

"They want to beat their buddy on the drag strip," said Mark.

The most common performance and appearance enhancing modification is an aftermarket exhaust. Exhausts are not only esthetically appealing and louder than a manufacturer's pipe, but they can also potentially increase the bike's horsepower.

With most aftermarket pipes, like Hindle, Yoshimura, M4, Muzzys, Two Brothers and Akrapovic (to name a few), slip-on end cans are available and generally easy to install.

"If someone is reasonably handy with some standard types of tools, nothing too sophisticated, most can

handle it at home," said Mark.

With a slip-on (depending on the bike), you generally have to unbolt the stock end can from the pipe, loosen or undo the bracket holding it up, remove the end can and put the aftermarket end can in its place, bolting it on and fastening the bracket.

"A lot of the time with the slip-on, you can just get away with the slip-on because it doesn't change the flow in the engine dramatically," he said. "For the most part, with a slip-on, it's more esthetics and sound and away you go."

With a full exhaust system, and sometimes even with a slip-on, the fuel/air mixture for the motorcycle's engine will have to be remapped since the exhaust flow has changed.

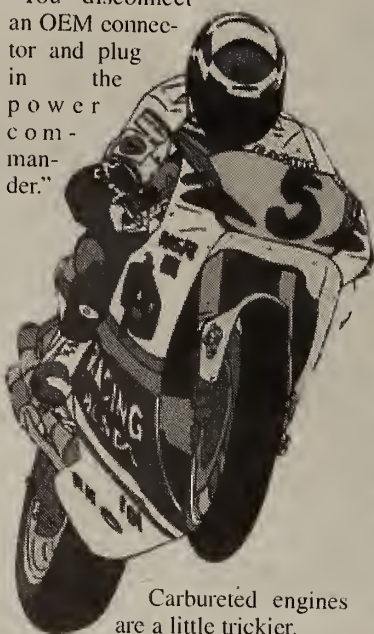
John Heath, the service manager at Cycle Improvements in Waterloo, said some of the time people don't even want to go through remapping the fuel delivery.

"They want to put a pipe on their bike but with the stock jetting or the stock fuel injection motorcycle, more often than not, it won't run properly without modifying the fuel delivery," Heath said.

Although remapping the fuel delivery for a carbureted engine or applying a power commander to a fuel injected one isn't all that hard, some people find it easier to just bring their bikes into a shop and let them do it.

"The power commanders are designed for a certain model, so they are effectively a plug-and-play," said Mark.

"You disconnect an OEM connector and plug in the power commander."



Carbureted engines are a little trickier.

"In a lot of the new bikes, like the Gixxers (GSX-Rs) for example, they'll have a valve in the exhaust that's gone, so you'll have to re-map for that and do some rewiring to take care of that," Mark said.

The amount of horsepower a motorcycle would gain from an aftermarket exhaust all depends on

the make and year of the bike, and the kind of exhaust.

Aftermarket end cans are usually around \$500, but if installed in a shop, can go up to \$800 with labour and fuel deliver remapping.

In conjunction with the exhaust system, comes the air intake. A good air filter will make a big difference in a bike's performance.

The most common aftermarket air filters are K&N and BMC. Changing the filter is a matter of accessing the air box (under the gas tank on a sport bike), removing the stock air filter and sliding in the aftermarket one.

Some other performance modifications people might get into are changing or upgrading the suspension, or lowering the bike. These types of modifications might be better off left to the professionals though, along with changing the gearing and sprockets to move power around.

Mark said for the last five to eight years, those are the main changes people have done to their bikes.

"The reason behind that is, back in the late '80s, there was a lot of opportunity to get power out of the engines from the factory with relatively minimal input," he said. "But, now the engines are coming so refined out of the factory so quick, not as many people will pursue more power out of them."

Other modifications that are pop-

ular and easy to do are more visually appealing than they are performance enhancing.

Undertails with lighting, fender eliminators, turn signal elimination (eliminating the stock turn signals and replacing them with flush mounts for smaller ones) and LED lighting kits are pretty much all do-it-yourself projects.

"As far as the bolt-on stuff, (like) the undertails and fender eliminators, they're semi-tricky to install correctly, because depending on the kit, some entail cutting," he said.

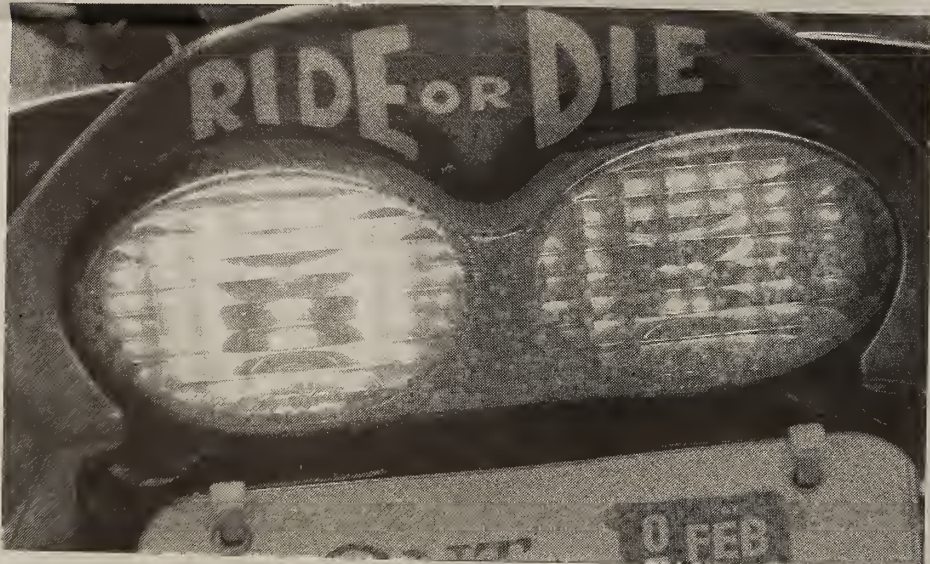
The LED lights are just a matter of figuring out what parts of your bike you want to light up, sticking the lights in place and wiring them to a toggle switch and the bike's battery.

Stock turn signals can generally be unbolted and removed, bolting the aftermarket ones in their place.

Undertails generally retail for \$200 to \$300 depending on the lighting integrated into them. Fender eliminators run from \$80 to \$200.

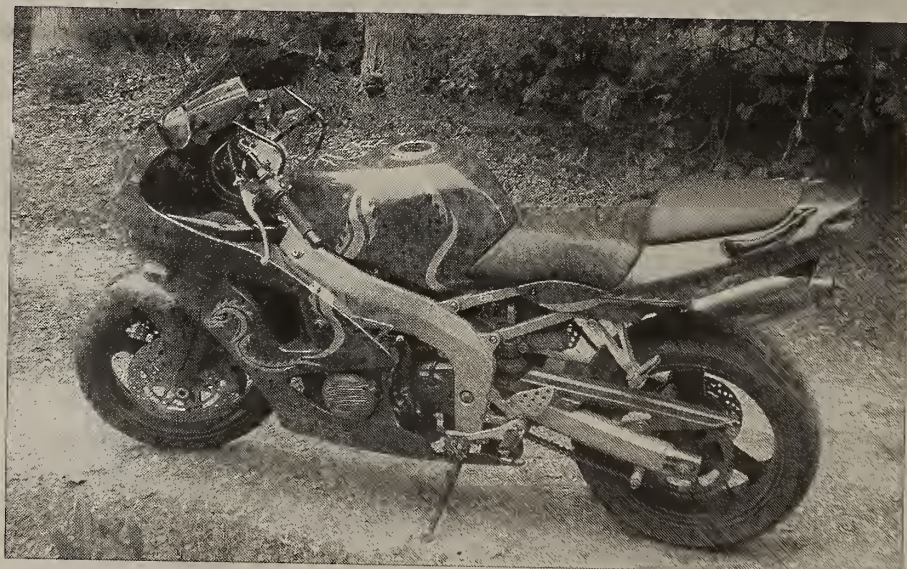
Other, more drag and race oriented modifications, include extending the swing arm and putting on race tires, or running Nitrous.

Some people polish their frames, or add billet and chrome bolt-on parts to their bikes. In the end, these kinds of modifications could become costly, especially if you do not use them for their intended purposes.



(Photo by Denise Muller)

Signal eliminators or, in this case, tail-light integrators, eliminate the need for stock signals and a rear fender. The well-labelled rewiring kit is available at most motorcycle shops and online and can be mounted under the seat.



(Photo by Denise Muller)

This Kawasaki ZX-6R was painted two shades of pearl blue with a gold dragon on one side and a silver one on the other, with Asian lettering. The bike was completely de-badged and flushmount turn signals and frame sliders were added.

## Conestoga College Recreation Centre

Activate Your Life!

Thanks to Everyone  
Who Signed Up  
For Intramurals,  
games start next Monday

Activate Your Life!

### Intramural Sports

Starting Monday October 24th  
Registration: October 1st - 17th

**Ice Hockey:** Tuesday, Wednesday & Thursday 4:30 - 6pm  
Fee: \$200 cash team bond

**Ball Hockey:** Monday & Thursday 4:30 - 6pm  
Fee: \$30 cash team bond

**Co-ed Volleyball:** Wednesday 7 - 10pm  
Fee: \$30 cash team bond

**Basketball:** Tuesday 4:30 - 6pm  
Fee: \$30 cash team bond

visit the Rec Centre for more info or to sign up

### Varsity Sports

Tuesday October 18th

Men's Home Soccer vs. Fanshawe  
Recreation Centre at 4:30 pm

Wednesday October 19th

Women's Home Soccer vs. Fanshawe  
Recreation Centre at 4:30 pm

Saturday October 22nd

Men's Home Rugby vs. Humber  
Bill Struck field (Cambridge) at 1:00 pm

Reminder: To gain access to any of the facilities at the Rec Centre you must present your student card at the front desk.

**748-3565 ext. 3565**  
Activities posted daily  
Recreation Centre Hours  
Monday - Friday  
7:00 am - 11:00 pm  
Saturday & Sunday  
7:00 am - 8:00 pm



# Program broadens horizons

By ADAM HANNON

The focus for change program at Conestoga College is helping women find careers that meet their needs.

Diane Murphy, the professor of focus for change at the Cambridge campus of Conestoga College, described the program as, "Women who are on assistance trying to make a positive change in their life."

She said the program helps the women get direction in their lives. "It's an exploration of self," said Murphy

The women who attend the focus for change program are usually single mothers who are between 19 and 55 years old, with many other responsibilities in their lives.

"I can't believe the power and strength of these ladies," said

Murphy. "It's amazing."

Focus for change is a 12- to 16-week program designed to help women find a career and take the steps they need to get there. It includes academic assessment, computer usage, career building and employment strategies, personal management and work shadow experience. For women who have not finished high school, help is provided for them to prepare to take the General Educational Development Diploma (GED) test. The tuition for the program is paid by the Ministry of Training, Colleges and Universities.

Tracy Wand, a student in the program, said she is taking focus for change to help her get back into the school routine after being out of school for nearly 10 years.

"I've been out of school for so long, so it's just to get back into the flow."

She said she is going to get her GED and then go to the Doon campus of Conestoga for social work.

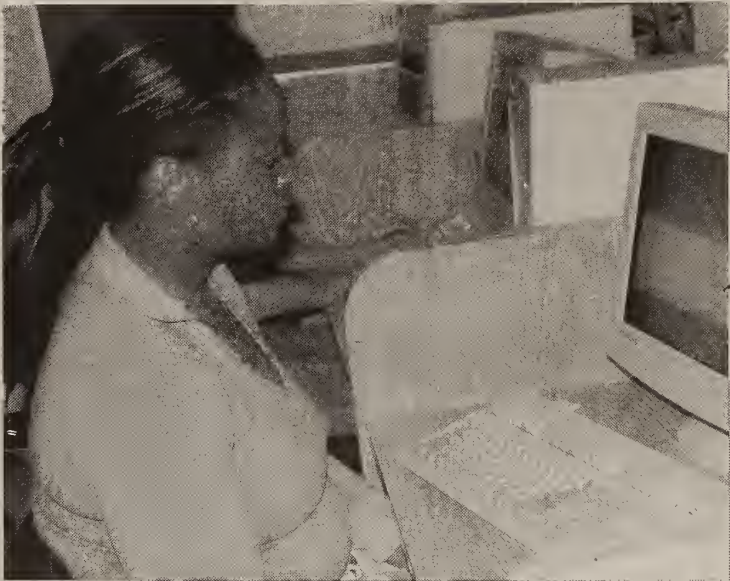
"I think it (focus for change) will help me to get to know myself," said Wand.

Stephanie Smith, another student in the program, is enrolled because she needs to find a career.

"This program has helped me broaden my horizons," Smith said. "It gives me a kind of structure."

She said focus for change has given her a new perspective on jobs. She said she's learned the importance of finding a job based on her personality and how much she will enjoy the job, instead of just thinking about how much money she will make.

"Hopefully I'll be more comfortable with who I am and achieve the goals I want to achieve," Smith said.



(Photo by Adam Hannon)

Stephanie Smith, a focus for change student at Conestoga's Cambridge campus, learns how to use WebCT in computer class.

## New computer system three steps forward for students, says college registrar

By ADAM BLACK

Students with timetable conflicts this semester had a long wait at the registrar's office, sometimes for hours at a time.

Nathan Dempster, a third-year civil engineering student, had to wait in line for four-and-a-half hours.

"If you're going in (to the registrar's) the first week of classes, you're going to have to suck it up," said Dempster. "If they had split up the line for students that had huge conflicts and those who didn't it

would have been a lot faster."

With a new computer system being introduced this semester and the new student portal, there were many bugs and unfamiliarity that came along with it.

Janeen Hoover, Conestoga College registrar, said the office staff worked tirelessly to try and work with the new system that was introduced.

"Before, we had just worked with paper forms," said Hoover. "Now all the information is available on the system. If the computer is slow, sometimes it will time-

out as a safety precaution. That will slow down the line."

**"If you're (registering) the first week of classes, (you'll) have to suck it up."**

*Nathan Dempster,  
third-year civil engineering*

Hoover said what may feel like two steps back for the registrar will actually be three steps forward once the new student system is completed.

Then, students won't need to use the registrar's office for some issues because they can do it online. With the new student portal available on the Conestoga webpage, students already have access to timetables. But it will become more personalized, with more features to be added in the next year.

The calendars that are available in the portal currently will be personalized to your program, telling students when tuition is due, when scholarships are available and more.

Hoover said next semester the process will be a lot more streamlined, and they will see what short-term steps they can put in place to make the process easier.

"We're probably going to have to make some changes for the winter," said Hoover. "But the full impact of the system won't be seen until next year."

If you would like to address a concern, the registrar's office is open from 8:30 a.m. to 4:30 p.m. Monday to Friday. You can also contact them by phone at 748-5220, ext. 3656.

## HEALTHY RELATIONSHIPS

It is important to celebrate the healthy attitudes and behaviours between you and your partner which contribute to a happy, fulfilling relationship.

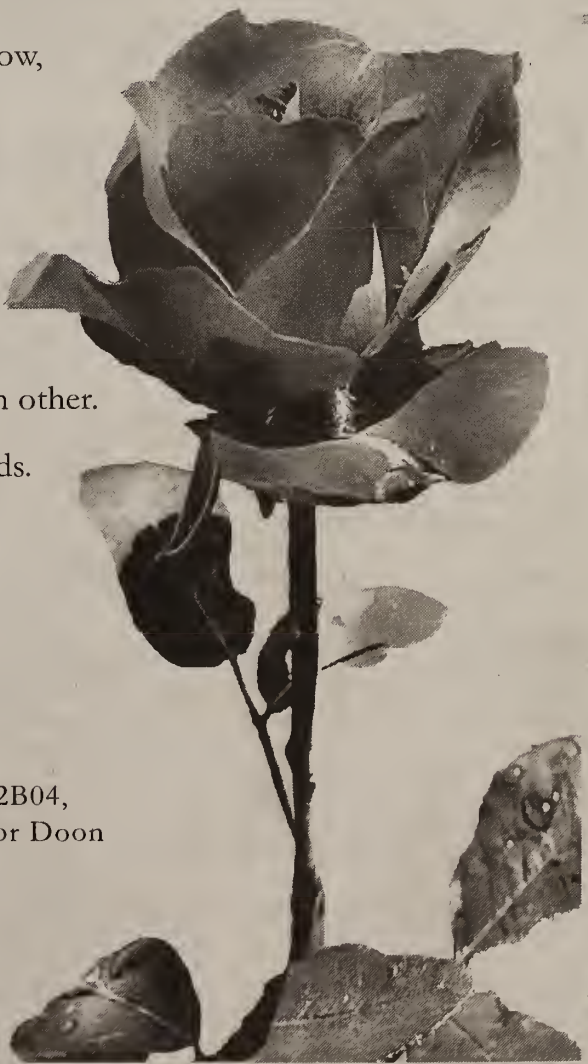
Healthy relationships do not always come naturally; for your bond to continue to grow, you must continually work toward developing healthy patterns.

### Here are some characteristics of a healthy relationship:

- \* You are able to be an individual apart from the other.
- \* Neither depends on the other to feel important.
- \* Both of you can accept the fact that neither is perfect, and never try to change each other.
- \* Each of you continues to grow in other areas of your life: family, school, and friends.
- \* Each of you gets as much joy from giving to the other as from receiving.
- \* The relationship remains as strong in painful, difficult times as in happy times.
- \* There is honesty, trust, and respect between you.

If you have any more questions about relationships, the counsellors in Student Services would be happy to talk with you. Drop in to make an appointment at Doon Campus, Room 2B04, Guelph Campus, Admin. Office, or Waterloo Campus, Room A3 or call 748 5220 ext. 3360 for Doon Campus, 824 9390 ext. 148 for Guelph Campus, or 885 0300 ext. 224 for Waterloo Campus. Information on community support is available through your Student Services Office.

Sponsored by the Women's Resource Group





# New rewards for students in rez

## First prize a \$100 gift certificate

By AMANDA KAHGEE

We've got spirit, how about you?

Conestoga Residence and Conference Centre is offering a new rewards system.

The Residence Rewards Challenge is being offered at all residence and conference centres across the province.

So how do you get residence reward points?

Here's what you have to do.

On all of the residence swipe cards you'll find a website and a bar code. Go online and register your bar-code number and let the points start rolling.

How do you get points?

Students can earn them just by registering their swipe card and a variety of other things. You can be environmentally friendly and recycle, hand in your test marks at the front desk, participate in events and fill out online surveys.

But watch out, you can lose points too, by breaking residence rules.

You can access your account and check out your progress and find out different ways for achieving points.

So what are the rewards anyway?

Prizes are awarded to the top 10 individuals.

First prize is a \$100 gift certificate for either Zehrs, Fairview Mall, Wal-Mart or Best Buy. Second prize is a \$75 gift certificate and third is a \$50 certificate. The rest of the winners each receive a \$25 gift certificate.

Not only can individuals receive prizes, but communities can as well. The residence is split into communities that consist of nine rooms. The winning community gets a pizza party.

It isn't the first year that the residence has offered rewards. In previous years there was the zone challenge, much like the community challenge.

"The Residence Rewards Challenge is better because in previous years there were maybe two

individuals per zone and people were getting prizes and they didn't know why," says residence life co-ordinator Hannah Wright. "It wasn't fair to the people who were working hard."

Wright says the challenge benefits everybody.

"It's a great way to bring communities together," she says.

Students can also compete with other residence and conference centres to get cool prizes.

The challenge goes for two months and on the last day of the month the winners are announced.

The points are cleared from everybody's accounts and the challenge starts all over again.

The first challenge ended Sept. 30 and a spirited student took first prize.

Emillie Cope, a first-year accounting and information technology student, registered her card and started collecting points just two days before the challenge ended.

How did she do it?

"I just signed up, filled out some quizzes, brought down my marks, recycled and filled out the residence handbook," says Cope.

"It was the test marks that did it for her," says Wright. "It doesn't matter if the test marks are bad, but if you bring down higher marks, you're going to get bigger points."

Cope says she's not going to compete again.

"I don't want to be selfish," she says. "I want to give other people a chance to win."

Cope chose a gift certificate for Fairview Mall and plans on buying clothes and spreading the wealth by buying presents.

"Just get motivated and get out there," she says.

Second-place winner was Jon Bodner and third place went to Shannon Wallis.

In the community challenge there was a tie for first place with China Beach and Khao Lak each earning 900 points.

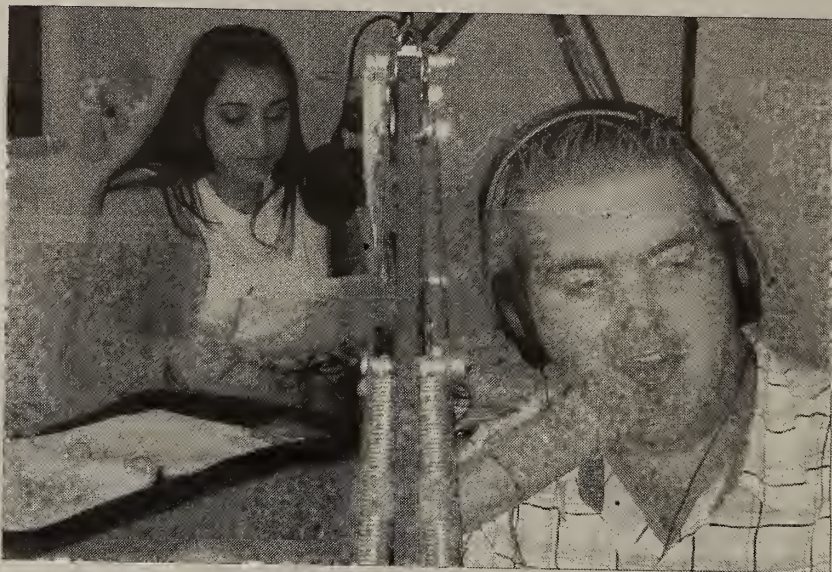
The next awards challenge ends Nov. 30.



(Photo by Tom Kalbfleisch)

### A swingin' good time

The Oktoberfest season kicks into full gear as members of the parade show off their talent.



(Photo by Janet Morris)

### Winning is 'Good'

Nicole Istifan and Colin Stroeden are both morning show hosts for Conestoga College's radio station 88.3 CJIQ FM. The third-year broadcasting students are giving away a pair of tickets with a backstage pass to see Matt Good in concert on Oct. 20. The concert will be held at Club Element in downtown Kitchener.

# GRT strives to reduce bus breakdowns

By JON MOLSON

There is a delicate procedure in transporting a broken down Grand River Transit bus measuring 40 feet in length and weighing a total of 28,000 lbs. A procedure that is much more complicated than simply placing a call for an ordinary tow truck.

If an in-service bus happens to break down, the order of events would go as following; first the driver would place a call to an on duty supervisor, who would then make arrangements for both a replacement bus and a large industrial tow truck to go out. Once the operational vehicle arrives at the scene, the driver would ensure a safe transfer of all passengers onto the bus. The final step involves towing the old bus back to the garage in the operations centre, located at 250 Strasburg Rd. for repairs.

This procedure is one Eric Gillespie, director of transit services for the Region of Waterloo and Grand River Transit, is setting out to minimize the number of times it is put into use.

"If you talk about people using transit, one of the things is that service has to be reliable and so a bus breaking down in service certainly isn't reliable," said Gillespie. "We have introduced a preventative maintenance program and are working towards improving the nature of the vehicles so that there are fewer in-service breakdowns."

Last year Grand River Transit conducted consultant reviews, which identified that in-service buses had been breaking down more than 200 times a month. Gillespie described this as unacceptable and created a preventative maintenance program in May 2005.

The procedure is conducted by a licensed mechanic. Along with an oil and filter change, a number of components are checked both inside and outside the vehicle, such as brakes, steering, wiring, tire and tire pressure and condition. All 181 Grand River Transit buses will have had an initial preventative maintenance inspection by next month. After the initial inspection all vehicles will be re-inspected

every 10,000 kilometres.

Gillespie believes the program has resulted in a reduction in the number of in-service bus breakdowns.

"This additional preventative maintenance inspection has increased service reliability and provides added assurances to ensure bus and public safety," he said.

He also said maintenance inspections on transit vehicles are done frequently.

"Because we are operating a commercial fleet and because of the high degree of public use," he said, "we're trying to identify any defect and fix them before they cause a problem and disrupt service."

The province regulates that all buses must be subjected to a thorough maintenance inspection every six months. At this time, a Grand River Transit vehicle would go through a Ministry of Transportation designed safety inspection that is done by a certified mechanic to ensure the fleet meets the provincial minimum safety standards.

The life cycle of a bus is about 12

years, but the industry norm in Canada is to push them to 18 years. For this to occur safely, public transit vehicles require significant refurbishing, which involves a complete overhaul of the vehicle's body at the 10- to 12- year mark.

Gillespie said the buses are designed to be safe.

"From an organizational perspective some of the things that we do to ensure the buses are safe is we put them through the Ministry of Transportation of Ontario safety inspection every six months," he said. "The other part is the driver does a daily pre-trip inspection before the bus is taken into service."

The inspection consists of a 15-minute examination of both inside and outside the vehicle. The driver has a checklist, which contains 36 potential hazards, including everything from checking the condition of the interior seats to ensuring the parking brake is operational. The driver must circle either satisfied or not satisfied regarding the condition of the vehicle/equipment. Drivers must also record the amount of kilo-

metres accumulated on a bus before taking it into service. If anything was wrong, the driver would then file a defect report located on the back of the checklist and not take the bus into service. The defect report includes every possible area of the vehicle, such as engine, transmission, suspension, body, etc.

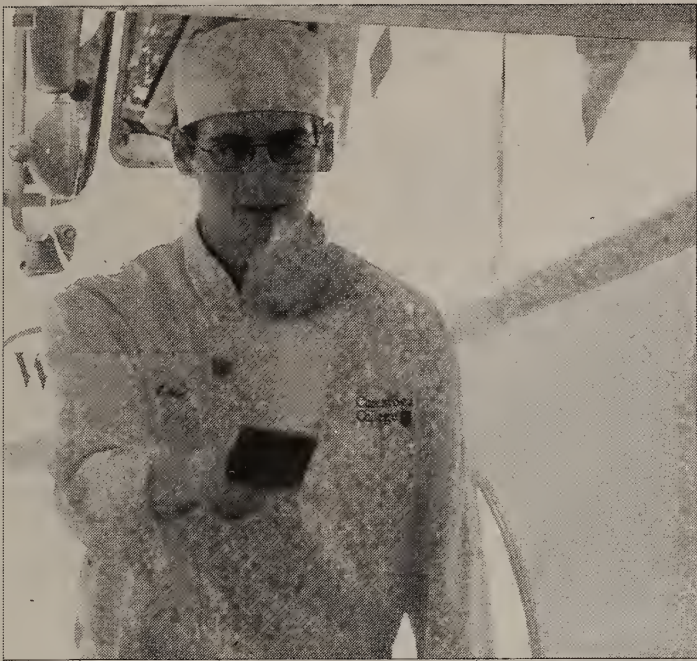
He said if the driver is not satisfied a bus is safe then they won't take it into service.

"Subsequently, if they get it out into service and a defect is identified and they are concerned about safety, they can call in and make arrangements to have the bus changed off as well," he said.

Gillespie believes the best way to prevent breakdowns is to combine both the input from the drivers and maintenance staff.

"The maintenance people ensuring the buses are maintained to a high safety standard combined with the driver doing a daily pre-trip inspection before the bus goes into service is the way we safeguard to ensure maximum public safety."





(Photo by Vanessa Parker)

Eric Boose, a student in the chef training program, shows off his flipping skills at the 24th annual K-W Oktoberfest breakfast.

## Students prepare breakfast feast

By VANESSA PARKER

Conestoga's food and beverage management and chef training students enjoyed flipping pancakes and cooking sausages despite the cold fall morning at the 24th annual Kitchener Waterloo Oktoberfest Breakfast.

The breakfast had thousands of guests who bundled up to combat the chilly temperature. Despite the cold, they still enjoyed the feast and took part in the Oktoberfest festivities behind Waterloo City Hall on Oct. 8.

Conestoga students mixed 1,600 pounds of pancake batter to make 20,000 pancakes, and cooked nearly 40,000 sausages for the Kitchener/Waterloo community.

The students were led by Chef Philippe Saraiva who was enjoying

the pancake feast as much as his students and participants. Saraiva said it was good for his students to be active in the community.

The breakfast didn't end when the pancakes and sausages were done though. There was live music from a Bavarian-style polka band and even a traditional keg rolling contest that you could watch.

The breakfast was free with donations from 96.7 CHYM-FM/News Talk 570, Aunt Jemima (the pancakes and syrup), Pillers (the sausages) and Wellesley Apple Products (the eider).

Instead of charging admission, the sponsors asked for donations and non-perishable food items for the Food Bank of Waterloo Region or donations for Family & Children's Services of Waterloo Region.



(Photo by Jessica Blumenthal)

### Conestoga gets cleaner outlook

Rob Bass, an employee of Klear View Window Cleaners, comes to the college twice a year to wash the windows.



(Photo by Meghan Kreller)

### Now that's devotion!

The start of a new hockey season brought a flood of NHL apparel to Doon campus in early October. First-year broadcasting student, Rae Kelly, shows her team pride with a Toronto Maple Leafs tattoo.

## Walk Safe program needs more women

By JESSICA BLUMENTHAL

The security office is still looking for females to hire for Conestoga's Walk Safe program, which is an on-campus employment opportunity for students.

John Tribe, a security representative for the college, says there needs to be an equal complement of men to women among the teams.

There wasn't a problem hiring females until this year, said Tribe.

"... it's a paid position ..."

*John Tribe,  
security representative*

Walk Safe is a safety and security services initiative at Doon for students, employees and visitors. The teams, which consist of an equal number of men and women, assist you to your vehicle Monday to Thursday from 6:45 to 10:45 p.m. from September to April.

"Reasons why students may not be applying for the position is that they don't know about the initiative, that's it's a paid position or just because of their workloads throughout the school year," said second-year LASA student Allisha Buuck, who is the chair for the student faculty liaison committee.

You don't have to be a LASA student to apply for the job said Tribe. Experience is an asset and a first-aid certificate is required.

He said it helps build a resume. Employers like to see extracurricular school involvement.

Anyone interested can go to Room 2B06 for more information.

# Grads can study down under

By TARA RICKER

If you have ever considered continuing your post-secondary education overseas, Griffith University in Queensland, Australia, might be perfect for you.

Studying overseas has its benefits for the obvious reasons, the beach, the sun, the beach, but students from Conestoga College who gain admission to Griffith can also earn a degree with only one or two years of additional study.

Conestoga College signed an agreement in June 2005 that will open the doors for graduates of a number of two- and three-year diploma programs to seek advanced-standing credit, to pursue baccalaureate studies at Griffith.

The agreement involves 21 Conestoga programs such as business administration, marketing, civil engineering technology, general arts and sciences, police foundations and social services.

Each Conestoga program links to one or two appropriate Griffith programs, such as bachelor of business, bachelor of engineering,

bachelor of communication and bachelor of human services.

The agreement may eventually include opportunities such as master degree studies for graduates of Conestoga degree and post-graduate programs, or co-op employment opportunities for students in Conestoga's proposed degree program in international business management. With the agreement still in its early stages, such opportunities still have to be discussed.

Out of the 38 universities in Australia, Griffith ranks 10th for being the largest higher education institution in terms of student load and 11th in terms of research income.

Out of the 34,000 students who attend Griffith annually, 6,800 are international from 117 countries, studying one of the 239 undergraduate or 372 postgraduate programs the university has to offer.

The number of Canadian students is growing each and every year, said Dr. Joe Relich, of KOM Consultants, in Hamilton.

KOM Consultants is the official Canadian agent for 16 selected uni-

versities throughout Australia, including Griffith. KOM assists students throughout the application process and offers a full range of support services from submitting applications, advising on financial matters and student visas, hosting information sessions, arranging group flights and co-ordinating accommodation and airport reception.

**"Australia doesn't have red licorice."**

*Dr. Joe Relich,  
KOM Consultants*

Griffith offers a curriculum that is nationalized, it's a much broader education than what is offered anywhere else, said Relich.

"It's a very globalized world that we live in today," he said. "The workforce tends to look for people who have a broader world experience."

Depending on the program you take at Griffith, tuition fees range from \$12,000 to \$16,000 Cdn.

"Business degrees are at the lower level of tuition fees, while engineering degrees are at the highest level of tuition fees," said Relich.

Five scholarships are on the table for students with a 3.5 average, he said.

Students must have at least an overall average of 2.5 - 2.6 (65 per cent) to be accepted to Griffith.

Canadian students may work up to 20 hours a week in Australia once they obtain a work permit. Minimum wage is \$13 an hour.

One of the biggest culture shocks Canadian students experience while in Australia is the laid back, less demanding environment, said Relich. Other than that, Australia and Canada are very much alike, except for the climate.

"Red licorice is the number 1 item Canadian students get sent in a care package from home," he said. "Australia doesn't have red licorice."

Relich said it's important for students considering studying overseas to be open-minded.

"If you're not expecting something different you won't enjoy the experience."



# Ride Tones a new way to make driving fun

*If you can't get your car on Pimp My Ride, try the next best thing by putting audio clips in your car*

By CHANTELE TIMPERLEY

If you have always wanted your car pimped, but do not live in Los Angeles, you can start by considering a new product being marketed called Ride Tones.

The product is currently being sold through West Coast Customs, the same company that airs the MTV show Pimp My Ride.

Ride Tones has been in development for the past year-and-a-half by a local company, Intelligent Mechatronic Systems (IMS) Inc., based in Waterloo.

Ride Tones is the first product of its kind that allows drivers to personalize their cars by assigning different sound clips for up to eight functions on their vehicle, such as

locking and unlocking their cars, opening their doors and turning their cars on.

Rob Riopelle, the company's business development manager, said it works by connecting to the electrical system of the car.

"You can connect it to anything that has an electrical pulse, I guess you could say," he said.

"What it does is it will play back a sound when it sees a change of state on those lines, so more or less like a trigger, and then it will play back either popular music, sound effects, your own voice, whatever you want," said Riopelle.

The module can be placed anywhere in the vehicle the driver desires, such as under the dash, under the seat or in the trunk. It can

even be connected to the stereo to increase the clip's volume.

The module is limited by up to two minutes of audio, with up to four minutes of continuous playback.

It is on a rule-based system that allows the user to have a time setup for certain clips to play at certain times. It can be set for every minute, hour or day.

It can also act as a reminder for drivers by playing clips depending on date, time and even temperature.

"There's an internal temperature sensor that basically will sense the internal temperature of your car, so inside, not necessarily outside," said Riopelle. "So, say when you walk out to your car in the morning

and it's below zero, it might say something like, 'Watch out for ice.'"

The product was created with the cell phone ring tones in mind as its model, so users can download audio clips for a fee, or use the included Ride Tones software to create their own. The customized Ride Tones are updated and configured by attaching the module to a personal computer with a USB cable.

According to the Ride Tones website, the user must be running at least Windows 98 second edition, have an Internet connection with a 4.0 web browser and a USB 1.0 connection. Upgrades allow configuration by using a Bluetooth-enabled cell phone or PDA WAP browser for the Internet.

The Ride Tones package includes the module with a mounting cradle, a wiring harness, speaker, necessary cables and software.

IMS has marketed their product through various auto companies such as West Coast Customs and DriverFX, which is in association with Canadian Tire. The price listed on the websites is \$196 U.S., not including installation.

John Reynolds, the vice-president of business development for IMS, said West Coast Customs got on board with Ride Tones when it was introduced to them because it represents the same market they design for.

"Every car that's coming out of the Pimp My Ride show now has Ride Tones installed," he said. "They have their own promotion on the site where they were getting them to record some tones like, 'Step away from the car' and that type of stuff, so they're really into it."

Ride Tones has also been distributed internationally in places like Japan and Mexico. Reynolds said they have even had sales through the United States to the Philippines and Costa Rica.

"We have a couple of key shows coming up where we are expanding our distribution into other parts of the world as well, so we're really keen on making that happen," he said. "So we're definitely getting the exposure out there."

Riopelle said he expects to see a big reaction in Canada once the word spreads.

"We started to launch in Canada, so the adoption is low right now, but we've seen a lot of excitement and we expect to see many cars soon," he said.

Both Riopelle and Reynolds said sales have been strong, especially among what Reynolds calls the "tuner market," referring to individuals who do a lot of custom work on their cars.

"That's the market we've been focusing on as well in terms of really adding that personal touch," said Reynolds. "They spend a lot of money and a lot of time on their cars, and this just adds one more element for them to be able to personalize it and that's been the biggest reception so far."

Reynolds said everyone can get some enjoyment out of Ride Tones,

whether it be parents installing clips for their children or people who appreciate the technological benefits.

"The reason I think it's resonating with those groups is because it is fun," he said. "It doesn't matter what age you are. It just allows you to be yourself."

Riopelle said even though some people will create offensive clips, the users are able to limit themselves based on where they live.

"Maybe something could be seen as offensive," he said. "We do not put a restriction on what can be put on there because, as far as we're concerned, it's just audio content."

Reynolds and Riopelle both agree that Ride Tones gives drivers a way to express themselves when they are on the road.

"It allows them to basically have a unique experience," said Riopelle. "It allows you to customize and identify yourself, and express yourself, through your car."

*"What it does is it will play back a sound when it sees a change of state on those lines, so more or less like a trigger, and then it will play back either popular music, sound effects, your own voice, whatever you want."*

*Rob Riopelle,*

*business development manager*

Riopelle said it also has practical applications, such as reminding you to take out the garbage, reminding you of important dates or even birthdays.

Reynolds said it has so much flexibility for the driver and really individualizes a person's "ride."

"One of the reasons people like ring tones so much is because they have something that represents them or is fun for them, and that's exactly what ride tones does for their car."

Reynolds said it's been phenomenal seeing Ride Tones being launched, and that there is a lot to be expected in the near future.

"(Going) from an idea to actually getting the product shipped is quite an ordeal in terms of an adventure for a new company that's relatively new to consumer products," he said.

"So definitely it's been fun to see it launched, and I think you're going to see more and more as we get the marketing plan wrapped up in terms of exposure through various media outlets, and at point of sales locations, whether it be Canadian Tire or West Coast Customs online, whatever."

"You're going to see a lot more marketing behind it as well as we gather speed."

Clips from movies, music, famous quotes and sound effects, as well as information on pricing, can all be found at [www.ridetones.com](http://www.ridetones.com).

Get informed.

Get involved.

# CONNEX

Connecting students to  
Student life, Services & Success

Your new student life website  
[www.conestogac.on.ca/jsp/stserv/connex](http://www.conestogac.on.ca/jsp/stserv/connex)





# HOROSCOPE

Week of October 17, 2005



**Aries**  
March 21 -  
April 19

Don't be afraid to stand out from the crowd this week. Whether you're single or not, someone will take notice of your good looks and charming personality. Lucky day: 17



**Taurus**  
April 20 - May 20

The boss is away this week, Taurus, so sit back, relax and put your feet up on the desk. Let the work wait while you take a breather. Enjoy it while it lasts. Lucky day: 17



**Gemini**  
May 21 - June 21

A wise man once said, "Do onto others as you'd have them do onto you." Which means, if you want someone to be kind to you, you'd better start looking at how you treat them. Lucky day: 19



**Cancer**  
June 22 - July 22

You can never please everyone at once. Unfortunately this week you'll be expected to do exactly that. Take it one person at a time and do your best. No one can ask for more than that. Lucky day: 20



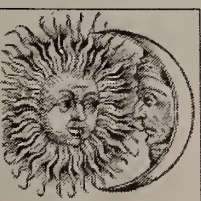
**Leo**  
July 23 - August 22

An accident might happen if you aren't careful, Leo. You are losing your focus and something bad may happen. Make sure you look both ways before you cross the road, it worked for the chicken. Lucky day: 22



**Virgo**  
August 23 -  
September 22

Open your eyes to the world that's in front of you. Do you like what you see? If your love life is in shambles, how can you change it? Try being honest. Just be yourself. And remember, pickup lines don't work. Lucky day: 24



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.



**Libra**  
September 23 -  
October 22

Push all distractions aside. Hide the videogame controllers and the TV converter. Unplug the phone and focus on what's important. Schoolwork should be priority number 1. Lucky day: 19



**Scorpio**  
October 23 -  
November 21

If you're happy and you know it clap your hands. You didn't clap. Obviously something in your life is dragging you down. Take a look in the mirror. Decide who you want to be. Lucky day: 21



**Sagittarius**  
November 22 -  
December 21

Doogie Howser once said, "(If you have a problem with my age) I can get you an older doctor who's not as smart as me." Don't let someone older make you feel stupid. Lucky day: 24



**Capricorn**  
December 22 -  
January 19

Your time to shine is now. Move forward with your plans for the future, not only are you on the right track for success, but you're heading there like a locomotive heads for a tunnel. Lucky day: 18



**Aquarius**  
January 20 -  
February 18

Did you ever watch the Smurfs when you were younger? Were you looking for the morals behind it? The reason is as an Aquarius you are always searching for the greater good. Keep it up. Lucky day: 24



**Pisces**  
February 19 -  
March 20

It's time to clean out your closet, both figuratively and literally. You've not only got too many pairs of shoes but also too many secrets. Clear some room on your conscience and you'll feel better. Lucky day: 20

# Scrap the "ugly" fats

Learn the science of making healthy food choices

By MELISSA HANCOCK

Splish, splash I was taking a bath in a vat of grease.

If this doesn't sound like a song you'd like to belt out while preparing a meal, then second guessing that trusty cooking oil you swear by in the kitchen is not a bad idea.

With many oils come many artery clogging components, but reading labels and knowing your limit can be the difference between busting a gut and having a good time.

Using oils can't be totally avoided while preparing meals, but it's all about moderation and choosing the right one.

University of Guelph food scientist, Massimo Marcone, said cooking oils add a certain "mouth feel" to foods.

"(Oils) affect the way you chew and taste (food)," he said.

Marcone also said oils act as "flavour binders" for foods and because oils are used to transfer heat for the actual cooking process, it becomes difficult to get around using them.

"Every oil has some nutritional value," he added, saying essential amino acids can be found in oil which is something our bodies need, but can't produce.

The food expert said the more unsaturated an oil is the better it is for you. Saturated fats should be avoided.

"Those are the things that clog your arteries," said Marcone.

He agreed that canola, olive and sunflower oils are among the best to keep in your kitchen because they are low in saturated fats.

Trans fats should also be avoided, he said, which are in the oil McDonald's uses to cook french fries. These are what Marcone called "ugly" or "stealth" fats because they are not detected on the radar.

Oils to steer clear of are palm, palm kernel and coconut oils because of their high saturated and trans fat content.

If dining out is on your list of things to do this week and you are wondering about the oils certain restaurants use, there is an easy solution to making a healthy choice.

Unlike other restaurants, the one-of-a-kind Mongolian Grill is a place where choice is literally at your fingertips. Along with the buffet of meats, vegetables, noodles and so on, there is a variety of dish-your-own oils to add to the stir-fries that are grilled before your eyes. The healthiest choice becomes the easiest choice.

Shayne Keary, a district manager of five Mongolian Grill locations in Ontario, said the most popular oil that customers choose at the Hespeler Road location in Cambridge is the garlic oil.

He said chopped garlic is added to canola oil because it is one of the healthiest oils to use.

"It's always been good," he said, "and customers like it."

Because people are more into health foods, healthy options at restaurants are a must and, quite appropriately, the Mongolian Grill's motto is "Fresh food. Fresh thinking."

Keary said three oils that also fall in the category of favourites at the restaurant are olive, sesame and plain canola oils.

As for personal preference, he said olive oil is his top choice because of the flavour it brings to the food.

Whether dining in with your family or out with a friend, there are many ways to ensure healthiness is a key ingredient in every meal.

Oils can be a health risk if not used in a proper manner in the pan, but with the right kind and by using only a few tablespoons, oil can enrich the flavours and enhance the feeling of the food.

## Peer Supported Learning Groups Fall 2005 Schedule



PSLGs are FREE weekly study sessions that are designed to help students through historically difficult courses. They offer a chance to meet with a tutor and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams! This semester, PSLGs are offered in the following courses:

Course	Leader	Day/ time	Room
MET Math 1	James	Tuesdays @ 12:30-1:30	2A407
CIVIL Math 1 & Statics	Karsten	Tuesdays @ 4:30-5:30	2A621
P NURSING A&P 1	Jie	Tuesdays @ 4:30-5:30	2E29
BScN A&P 1	Angus, Leanne, Nabil	Mondays @ 12:30-1:30 Mondays @ 3:30-4:30	2E27 2E27
GAS Chemistry	Elena	Mondays @ 1:30-2:30	2A619
GAS Biology 3 sessions will run for 2 weeks only, (based upon attendance).	Becky, Shannon	Mondays @ 2:30-3:30 Thursdays @ 2:30-3:30 Fridays @ 12:30-1:30	3A405 3A511 2A619
EET & CET Physics	Damaris	Thursdays @ 4:30-5:30	2A619

Learning Groups start the week of October 3 and meet each week until the week of December 12 (based upon attendance). For more information on PSLGs, please contact Student Services 2B04 or Peer Services 2B07.



# Head-to-head: MLB champions?

*World Series could be all in the Cards*

*ChiSox are a team of destiny*

Major League Baseball's regular season has ended and playoffs are well underway.

It's been an interesting season where everything has happened from the steroid scandal to the tight division and wild card races down the stretch.

With all the remaining teams in this year's playoffs with adequate pitching and explosive offences, it's anyone's guess who will capture the coveted World Series.

One thing we do know is last year's champions, the Boston Red Sox and their potent offence, have been eliminated by the Chicago White Sox after being swept in their best-of-five division series.

Let's take a glance at the four remaining teams in the American League (AL) and the National League (NL) to see if we can determine the World Series champion.

The White Sox are looking to follow in the Red Sox footsteps by trying to win the World Series for the first time since 1917.

The lack of winning could be contributed to the White Sox's own curse of 1919.

That year, eight of their players were charged with conspiring to fix the outcome of the World Series against the Cincinnati Reds. Those eight became known as the Black Sox.



This year's version of the White Sox posted the AL's best record at 99-63 to win the AL Central division title.

The Sox pitching is steady with four pitchers with at least 14 wins. Jon Garland had a break-out year posting a career-high 18 victories.



Jon Yaneff

*Opinion*

The White Sox offence has a combination of speed and power. First baseman Paul Konerko hit 40 home runs, while outfielder Scott Podsednik stole 59 bases this season. The Sox had seven home runs during their three-game sweep of Boston.

**The Sox are probably the favourite in the AL because of a solid regular season and a combination of steady pitching and speed and power on the offensive end of the spectrum.**

The Sox are probably the favourite in the AL because of a solid regular season and a combination of steady pitching and speed and power on the offensive end of the spectrum.

The Los Angeles Angels of Anaheim won their second straight West division title, and, after beating the New York Yankees three games to two in their best-of-five division series, they are living on momentum.

This year the Angels' lineup includes all-star outfielders Garret Anderson and Vladimir Guerrero. Guerrero, last year's AL MVP, hit 32 home runs this season, while leading the team. Anderson led the team with seven runs batted in against the Yankees during their division series.

The Angels pitching is stellar with Bartolo Colon and John Lackey leading the rotation. Colon led the AL with 21 wins, while

Lackey, the former show stopper during the Angels' 2002 World Series championship, posted a 14-5 record during the season and had a remarkable 2.38 earned run average during Games 2 and 4 against the Yankees.

The Houston Astros have reached the National League championship series for the second straight year and it's a rematch against the St. Louis Cardinals.

Houston came up big to win their division series after rookie Chris Burke hit a game-winning home run against the Atlanta Braves in the 18th inning of game four.

Their pitching may not be strong enough to go all the way, even though they post a rotation that includes Roger Clemens, Andy Pettitte and Roy Oswalt.

When those three match-up against the Cardinals big guns of Chris Carpenter, Mark Mulder and Matt Morris, the Cards have the advantage.



**Jon's World Series Prediction:**

I believe the Cardinals will be crowned champions this year after being swept in four straight games by the BoSox last year.

Their pitching is healthier and more commanding this year with Cy Young candidate Carpenter leading the staff in wins and earned run average.

On offence they have everybody from Albert Pujols to Jim Edmonds.

Any sports expert would be hard-pressed to find a weakness on this team, so their first championship since 1982 is not out of the question!

One swing too slow, one stride too short, or a single throw off the money could result with an abrupt end to a team's season.

This is the stone cold reality the final four teams face in their quest for a World Series Championship.

In the American League, the White Sox are on Cloud 9 after their sweep over the defending World Series champs, Boston Red Sox.

Chicago looks to have the upper-hand heading into their series with the exhausted and battered-up Angels.

After knocking off the Yankees for the second time in four years, the momentum tide has splashed the shores in Anaheim.

Naturally the Angels are on a high after their gruelling battle with the Yankees, but if history has taught us anything, winning a battle comes at a price.

Angels Ace Bartolo Colon is hurt, Jarrod Washburn is sick, John Lackey just pitched on Sunday with only three days' rest, and rookie sensation Ervin Santana is running on fumes after throwing more than five innings of relief in Monday night's 5-3 clincher.

Not to mention, it took the Angels five full games and two cross-country flights to beat the Yankees, where as the White Sox are well rested and anxious to play.

Regardless of the Angels condition, they still are facing a powerful White Sox team that led the major leagues with home runs.

Power and defence are key components to Chicago's success, but ultimately what brought Chicago to the dance was dominating pitching.

Chicago's staff of all-star pitchers should lead them to their first World Series in almost a century. Look for the White Sox to win in five or six games.

The National League Championship series will feature the explosive bats and crafty pitching of the St. Louis Cardinals against the veteran pitching and



Nick Casselli

*Opinion*

timely hitting of the Houston Astros.

Game 1 showcases Andy Pettitte who leads all National League pitchers with 14 post-season wins duelling Chris Carpenter who won 21 games in the regular season.

Carpenter was absolutely outstanding in the regular season and will likely capture the Cy Young award, but not having the playoff experience of Pettitte may prove to be the difference in this pivotal matchup.

As any baseball fan knows it's not what you do in the regular season, it's what you do in October that counts.

Houston's dynamite trio of pitching aces, Roger Clemens, Roy Oswalt and Pettitte, are on the war path, and when hot these guys have the ability to roast opposing hitters.

St. Louis sluggers Albert Pujols, Jim Edmonds and Reggie Sanders will need to step up if St. Louis has any hopes of winning. When Houston's hurlers are hot they are difficult to beat. Look for Houston to pull off the upset and win this series in seven games.

**Nick's World Series Prediction:**

If Houston knocks off St. Louis, they have proven they can beat the best team in baseball, however, the Chicago White Sox are a team of destiny. Orland Hernandez and Joes Contreras are no strangers to high-pressure games as both these aces have come through in the clutch with the Yankees in World Series games.

If I was a betting man playing Pro-line my money would be on the Chicago White Sox to win the World Series.

## Raptors dream of perfection

By BRANDON WALKER

Imagine having a perfect season, of never losing a game. That's a fan's and a player's dream and it's what Maple Leaf Sports and Entertainment (MLSE) must want fans to think about the Toronto Raptors. Anyone watching the Raptors TV channel during the off-season would think the team has never lost a game because they only air games the team has won.

The Raptors won only 66 games in the last two seasons, out of 164, and haven't made the playoffs in the last four years.

With the Vince Carter trade last season the Raptors' playoff chances went from slim to nil and Rob Babcock, the general manager of the Raptors, didn't do much over the summer to improve the team. Some of the moves made were unexpected, including the team's selection of Rafael Araujo last summer, their eighth pick, a player who has yet to show he was worth

the early selection.

Babcock was criticized by ESPN and hoops experts for picking Charlie Villanueva early in the draft because of "questions about (his) determination." Villanueva, a 6-foot-11 forward selected by the Raptors seventh in the draft from the University of Connecticut, will have a lot to prove when the season tips off Nov. 2 against Washington.

The selection was also criticized because Villanueva plays the same position as Chris Bosh, the Raptors young 6-foot-10 power forward.

The Raptors also picked up Joey Graham, a 6-foot-7, 220-pound forward chosen 16th in the draft from Oklahoma State University, and Jose Calderon, a 6-foot-3, 200-pound point guard, signed as a free agent from the Spanish Pro league.

Calderon has six years' of experience playing with international competition and Babcock touted him as "exactly what we are looking for in a true point guard."

The Raptors resigned Matt Bonner, a Toronto fan favourite, after first trying to get Chris Duhon, who was a free agent point guard with the Chicago Bulls, to sign. The Bulls matched the Raptors offer and were able to keep Duhon.

Over the summer, the Raptors lost Milt Palacio to the Utah Jazz, Donyell Marshall to the Cleveland Cavaliers and Lamond Murray to the New Jersey Nets. Palacio and Marshall left the Raptors as free agents and the team received nothing in return. Murray was waived by the Raptors.

At the start of training camp the Raptors traded Rafer Alston, the team's temperamental point guard, to the Houston Rockets for Mike James.

If MLSE thinks they can change history by only showing reruns of games the Raptors won during the off-season, new fans will be in for a surprise if history repeats itself when the season starts.

**RECOGNIZE THE  
SIGNS OF STROKE  
WHEN YOU  
SEE THEM.**

**VISION PROBLEMS**

Sudden loss of vision, particularly in one eye or double vision

**HEADACHES**

Sudden, severe and unusual headaches

**WEAKNESS**

Sudden weakness, numbness and/or tingling in the face, arm or leg

**TROUBLE SPEAKING**

Temporary loss of speech or trouble understanding speech

**DIZZINESS**

Unsteadiness or sudden falls, especially with any of the above signs



HEART  
AND STROKE  
FOUNDATION

Seek immediate  
medical attention  
if you have any of  
these symptoms

jostens

**GRAD  
RINGS**

VISIT THE RING DESIGN CENTER

Tuesday & Wednesday

October 18<sup>th</sup> & 19<sup>th</sup>

10%

11:00 a.m. to 2:00 p.m.

OFF

Foyer Inside Door #3

Deposit: \$25.00



# Women's fastball team content with season

By JON YANEFF

There are two types of condors, an Andean condor (large vulture) and a California condor (small vulture).

Unfortunately, Conestoga's women's fastball team played like the California condor all season and couldn't live up to their glory days from 1995 and 1996, where they won back-to-back Ontario College Athletic Association (OCAA) championships.

They finished off their home schedule by losing to this year's OCAA championship contender Durham College, 10-3, at the Doon campus Oct. 4. Durham has won the OCAA championship the past three seasons.

The Condors worked hard all game, even scoring a run in the bottom of the seventh inning.

At the end of the game coach Fawn Day told the team, "Way to not quit, it shows a lot of heart!"

"I think with some more time to work out the bugs, we could have beaten any team we faced."

*coach Fawn Day*

Heart the team did have, but heart won't win games, especially when the Condors committed nine errors in the field, including balls going over outfielders' heads and ground balls bobbled in the infield.

Out of the 10 runs allowed by starting pitcher, Jenn French (three innings, six runs), and reliever Laura Hartwick (four inning, four runs), only four were earned.



(Photo by Jon Yanoff)

Conestoga's women's fastball team, top row from left, Kim Durantee, coach Fawn Day, Sharon Gee, Sarah Richardson, coach Rick Proud, middle, Jenn Huot, Laura Hartwick, LeeAnn Smith, Jen Morris, bottom, Marissa Havens, Jenn French, Cheryl Carwardine, Kerry McCord and Jill Williamson.

French was the Condors' best pitcher for the season, only allowing 19 earned runs in 33.1 innings pitched. She also led the team with three runs batted in.

Jen Morris led the team with a .368 batting average, with one game to go on the season.

Durham felt so confident in the bottom of the sixth inning with a 10-2 lead that they played without a designated hitter in their lineup and used all of their bench players in the game.

In the top of the seventh catcher Kim Durantee made a highlight reel throw to second, picking off a Durham player trying to steal.

The Condors' record falls to 2-9 on the season, with the last game against Mohawk College in Hamilton Oct. 12.

Rookie utility player Kerry McCord said the team showed plenty of teamwork, even though they played with a losing record throughout the season.

"We're at that age where it's easy to support each other because we've been playing baseball our whole lives," said McCord. "So we never let our spirits get down and we all just try to have fun."

Fourth-year coach Day said she thought the team improved throughout the season and they played to her expectations.

"As long as the girls tried their best that's all you can ask for," she said. "I think with some more time to work out the bugs, we could have beaten any team we faced. Also, we lost a few close games that could have went our way."

McCord said there is a few graduating players, but there are some returning players such as Durantee and Sharon Gee who could carry the team next season.



(Photo by Jon Yanoff)

Rookie Sarah Richardson catches the ball in an attempt to get out Durham player, Kathy Glenn, during the Condors' 10-3 loss to Durham College at the Doon campus Oct. 4. The Condors' record was 2-9 with one road game remaining as of Oct. 11.

## REMEMBER BACK WHEN PEOPLE USED TO PLAY HOCKEY?



### THAT TIME IS NOW! Shinny Hockey is back

Starting Thursday October 13th  
Mondays and Thursdays 2:30 - 4:00  
For students and members  
*Free with student card*

*unlike the handsome chaps pictured full equipment is required*



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